

# SPLEDE WATER-CURE JOURNAL

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## Physiology, Hydropathy, and the Laws of Life.

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### Contents.

GENERAL ARTICLES—Bathing, page 49; In and Out, 50; Extract from a Lecture on the Essential Nature of Disease, 53; Water-Cure Catalogue, 54; Hydropathy for Africa, 54; Duties of Physicians—Read before the New York Hydropathic and Physiological School, 55; Hydropathy vs. Hydro-Dromopathy, 56; An Editor's Experience, 57; The Discussion, 57.

MISCELLANY—Dr. Shaw—Tricks of the Trade—Importance of Fore-Arm Joint—The Tension—Letters Wanted—Recommendation and Use of Quack Medicines by Chiropractors and Physicians—Flax in Vegetables—Enamelled Cards—Scottish Folk Lore—Folioses Hair Dyes—Cane and Effect—Tobacco or the Pipe—Progress and Improvement—Fashion's Rights—Questions—The Kansas Enterprise—An Appropriate Recipe—Flowers; pages 58, 59 and 60.

TOPICS OF THE MONTH—Hydropathy—Hard vs. Soft Water—Salt, the Grand Cure All—Inhalation Trickery—The "Cold" Water-Cure Again—Hydropathic Physicians—Medical Prize Question—The Hydrostatic Medical College—Water-Dressings in Surgery—Excision of the Elbow—Joint in a Case of Lacerated Wound of the Articulation—Miss Cogswell Lectures; pages 61, 62 and 63.

TO CORRESPONDENTS, page 63.

BUSINESS, page 65.

EXPERIENCE pages 66 and 67.

LITERARY NOTICES AND VARIETY; page 67.

ADVERTISEMENTS

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### BATHING.

BY G. H. TAYLOR.

*The Sitz or Sitting Bath.*—This is one of the most important as well as convenient forms in which water is employed for hygienic and remedial purposes. This bath is taken in a sitting posture, the lower portion of the trunk only being submerged. All that is required, is one or two pailfuls of water of a suitable temperature and a proper vessel, (an common washtub tilted on one side by a block will do,) and we have at our command a means of impressing the system and controlling physiological actions for curative purposes, far beyond the means of potent preparation as ever concocted by medicine.

By means of the sitz bath, several different, and even quite opposite effects may be produced, according to the temperature and the time employed in its use; all depending for their ratio-nale upon principles heretofore explained. The part exposed to a cooler conducting medium loses a portion of its heat with a rapidity proportioned to the temperature of the water, which heat is resupplied by materials and actions derived from the circulating blood. Chemico-vital changes are accelerated in the part suffering loss of heat and in those related to it, a new impetus is afforded to the lagging circulation, and the effect, according to the old forms of speech, is said to be *tonic* and *stimulant*. Direction is given to the course of circulating fluids by the local use to which the materials are thus applied, at the exterior of the trunk; the good effects are also apparent in the stimulation, also afforded to the visceral organs. And this is accomplished often in a style more pleasant and better than that produced by subjecting the whole surface to a similar influence.

Another, and peculiar advantage in the use of this bath consists in the potent derivative effects obtained from its prolonged continuance; an effect that can only be obtained by furnishing an outlet for heat through a comparatively small extent of surface. The blood is stimulated or influenced to proceed in any direction, where its materials are employed. Hence, an undue quantity will be determined toward the part submerged and cooled, and since the volume of the

circulating fluid remains about uniform, a less quantity will remain in those parts remote from that in which physiological actions are artificially instituted by means of the bath. Hence, the visceral organs and brain that have been overused, debilitated and gorged with an impure blood, that they have not in themselves sufficient tonic power to dispose of, are thus greatly assisted in becoming freed of impediments to their healthy action.

These effects are quite sure to be produced, if a moderate degree of tact be employed in adjusting the degree and duration of the bath. The apprehension of difficulty or danger in the administration of this bath, by its causing the blood to retire upon internal parts is never realized, and is quite contrary to the natural effects of its use. There may be, and often is a temporary spasm of the extreme capillaries; thus shutting the blood momentarily from the skin, the circulation for the time being completed at a slight remove from that organ, yet within the exterior parts; but even this spasm is of short continuance, and the succeeding relaxation re-admits an extra amount within their walls; while from the commencement of the impression of cold the chest is expanded, and heaves with increased rapidity in the manufacture of fresh arterial blood, and in pumping the venous back to the heart and lungs. To apply a cooling to the head in any form during this operation, is only to counteract a portion of the effects of the bath. It will be noticed that the amount of blood continues to increase in the part subjected to the loss of heat from the commencement of the cooling operation, and of course decreases proportionally in the system at large.

But there another consideration of prime importance to be regarded in this connection, both from the advantages and the disadvantages connected therewith. As the blood is circulated rapidly through a cooled part, losing a perceptible amount of its heat, it passes as rapidly to the general system again to recover it; but usually, the recovery is not in proportion to the waste during the bath. The result is that a general sedative effect, is gradually experienced in proportion as the bath is prolonged; chemico-vital changes that were at first accelerated, become diminished, the pulse is lowered oftentimes con-

siderably, and if all this is in disproportion to the vital capacity of the patient, injury instead of benefit is accomplished.

In case of fevers, this latter effect to a proximate degree, is just what is desired for the relief of the patient. Hence the frequent use of the tonic and derivative sitz bath, combined for the fever patient, is invaluable.

The stimulant sitz bath is usually continued from one to fifteen minutes, and for more general derivative purposes it is continued on to thirty, and even forty-five minutes. Water of the lower temperatures is used for the former purposes, and the higher, up to near that of the body, for the derivative and sedative effects. The particular degree of temperature must be decided on for each case, for the nervous state and the organic power of the patient must always be taken into the estimate in adapting the bath to meet the indications; as those of acute, nervous sensibility are affected by much less potent applications than those who are strong in this respect, and unpleasant nervous excitement may easily be induced in such subjects by inconsiderate bathing; while those of low nutritive power may suffer injury instead of receiving benefit from the prolonged use of the sedative bath. The discriminating practitioner as well as patient will acquire a certain tact from experience, when he once understands the physiological principles involved.

The sitz bath is a very convenient form for hygienic purposes, from the simplicity of the apparatus required, and the thoroughness with which an ablution may be performed with a small quantity of water; and also from its general tendency to disgorge the over-taxed and weakened visceral organs, brain, and nerve centres. The bathing can be easily extended over the whole surface by the aid merely of the hand.

The very short sitz bath is useful in fatigue from bodily or mental exercise, to set the organic functions into activity, and thus hasten the restoration of strength and elasticity. In these cases the general bath might prove injurious instead of salutary, by taxing the system to effect a reaction which its then condition would be inadequately accomplished.

Whenever the object is to promote contractility of fibre and hasten the circulation and assist its flow to peripheral parts, in cases of debility from whatever cause, the short cool sitz bath is highly useful, in fact indispensable. There is no substitute in the *materia medica* that can accomplish effects at all similar.

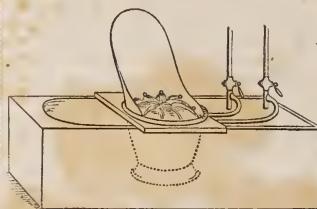
In menstrual disorders, which are attended by engorgement of the pelvic organs, the sitz bath, modified according to the condition of the patient, is invaluable.

The derivative sitz bath easily effects objects in the economy of health, that we may safely say are sought in vain in any other source. When pursued systematically, it can have the effect of promoting the circulation of the blood in the extremities, and thus cause them to become more completely and permanently warmed and nourished. It will also relieve any of the visceral organs, or all of them, of the congested condition that attends a weakening of their organic functions, and thus enable them to complete their

duties more perfectly. Its use is equally efficacious in disorders of the stomach, alimentary canal, liver, spleen, chest or head. In cases of doubt, the too great sedative influence that might occur, would be obviated by either increasing the temperature, or lessening the duration of the bath.

In all cases of fevers the sitz bath is eminently serviceable as a mode of withdrawing the surplus heat of the body, and consequently lessening the irritability that obtains in all the functions of life, the pulse becoming invariably lowered by its use.

We have introduced a modification of the sitz bath, that is capable of producing more powerful and often more satisfactory results than that in common use. It is the *shower sitz bath*, and is copied from those in use by Dr. Rogers of Worcester, Mass. The vessel employed may be either fixed or portable. In either case it resembles in external appearance the common one, as seen in the engraving.



It has surrounding it externally about midway from the bottom, a chamber made of a strip of sheet copper formed concave, and about two inches and a half in diameter, and made to fit the tub to which it is soldered. A strip of thick sheet lead should be previously soldered on the space covered by the copper outside of the tub, for the purpose of increasing the thickness of the bath tub. A row of fine holes are punched through the tin and lead, so that the stream issuing from them shall be directed upward and inward, converging to a focus above the top of the tub. A large hole is made in the centre of the bottom of the tub, for the water to run out. If the tub is to be fixed, a waste pipe is soldered to this orifice, and hot and cold water is brought in pipes that connect by stop-cocks with the chamber surrounding the tub made to receive the mixture—temperature of which is of course graduated by regulating the cocks. If the apparatus is to be portable, it must be used over a common bath tub, and the chamber is connected with the hot and cold water-cocks of the tub by the means of india rubber tubes that are permanently connected with the chamber, entering at the same point, so that the water shall mix, and the other extremity nicely adapted to the size of the cocks over which they are to be closely drawn, when in use. The waste water passes from the sitz bath to the bath tub beneath, and thus away. The bather is placed in a convenient position by the use of a stool on which to rest his feet, while sitting in the somewhat elevated position.

This form of bath is particularly useful on account of the profound cooling that may be

effected by water of a comparatively high temperature, as with aqueduct water in the summer season. And as the streams are projected with a good degree of force, it is particularly serviceable in cases of abdominal and pelvic muscular weakness, in prolapsus, &c.

Another recommendation of this form of the bath is the facility with which the temperature may be gradually changed, by altering the cocks. The bather may take his position if he chooses in the dry tub, and let on warm water at first, and thus obviate shocks where these would be prejudicial; he can make the bath gradually colder, till he receives the full effect of a cold bath. For its stimulant effect this bath is unparalleled. The skin can be highly reddened, and all the effects of a derivative bath produced in one quarter of the time required by the use of still water.

The loss of heat effected by this bath is only temporary, and is soon supplied in the ordinary way by an equivalent increase of respiration. Hence in taking a sitz bath the chest expands, and admits a larger volume of air; and its increase of capacity continues for some time, and by pursuing a judicious course, even permanently. The act of blood purification is also increased proportionally to the respiration and circulation, so that in the use of this bath the circulation becomes strengthened, directed, and unloaded, and the nutrition of acting organs commensurately promoted.

#### IN AND OUT.

OR  
THINGS FOR PEOPLE TO THINK OF.

BY JAMES C. JACKSON, M.D.

The hardest struggle *Water Cure* has to make, grows out of its naturalness. Few persons are content with NATURE. She is too simple for them. Anything that is simple is quickish, is full of uncertainty, is unworthy of credence. To be believed a plan, or process, or proposition must be incomprehensible or mysterious. The less the reason can penetrate it, the greater the demand on faith. With such pre-eminently, *belief* is "the substance of things hoped for, the evidence of things not seen." And this too in a department of creative activity, where belief ought to hinge on reason, and the evidence of one's senses. Were this not so, it would be impossible for the great all-sweeping masses to rely with the blind confidence of religious devotees on those modes of treatment of diseased human bodies, which as far as they produce effects, kill or tend to kill. It is *unscientific* to "get well" naturally. It is now-a-days scientific to die unnaturally. And so *Water-Cure* is considered unphilosophical, empirical, void of all claim to the faith of the invalid, because it begins and concludes its whole effort by a deliberate recognition of the supremacy of NATURE.

Very well, so be it. The issue is a good one, and the people of the last half of the nineteenth century are as well qualified to judge of the *case* on its *merits* as any of their predecessors have been. The decision will not be an early one, for the old systems of treating disease are to be raked fore and aft, their wild experiments, their

vague theories, their audacious assumptions, their shameless empiricisms utterly unendorsed by common sense, and unsustained by science, entertained only to be exploded, and to give way to notions yet more vague, and practice still more indefensible; all, all have to be dug up and spread out before the world's humanity, as the great referee. And in their place or by their side is to be set a *system*, simple, plain, easy to be understood, with *nature* for its guarantee, and a *cardinal principle* by which it is exemplified; that principle being this, that nature works for the *restoration* to health by the same processes in kind, by which she works for the *preservation* of health; and therefore as SCIENCE and ART are her children, made wise by her teachings, that is *not science*, nor that art, however illustriously heralded, which proposes the use of means which she indignantly rejects. *Nature* never works miracles, nor performs unnatural acts, nor exhibits any extraordinary energy to make a fool of herself. She has an ordinary way, none the less scientific, nor any the less *Divine*, because ordinary, for keeping human beings alive and in health; and if any person supposes that by discarding her ordinary protection, thus becoming sick, she will make extraordinary, or unexpected, or unheard of, or nearly miraculous efforts for his recovery, he will probably find himself mistaken. If she helps him in such way, it will be out of pure grace, to which he has no claim. And never for any consideration will she stoop to use means different in kind to cure him from those by which, had he chosen to be obedient, she would have kept in health. Her extraordinary efforts are just what the term implies, more than ordinary—efforts common to her, but intensified; a determination of force needful to the case. She is greater than doctors. And she imposes her own conditions on them as well as on their patients. Not a few puffed up with their own conceit, forget their allegiance to her, break loose and set up for themselves. Such leave a streak of blood behind them. You can track them by the tolling of bells, and freshly-made graves. Let me illustrate. A man in natural conditions is in health. So long as he remains in those conditions, he retains health. Remove him from them, his health begins to fail. Keep him removed, he becomes sick. Reinstate him, and he is *well*. This is what one would naturally expect. To establish and maintain the conditions necessary to health, a great many elements, forces, agents, or influences are involved. But each and all are in subjection to nature. Art only can use them by her permission; otherwise art abuses them and the subject on whom it attempts to bring them to bear. Many are they, laid away in their tombs awaiting the great resurrection, because art has attempted to restore them to health, in defiance of nature. For who so despises her, sooner or later meets with *retribution*. She is kind but precise, gentle but exacting, loving but severely just, and who so chooses to put his case into the keeping of art, rather than into her keeping, makes a fatal mistake. Art can no more cure him, than it could keep him from being sick, and the latter it never could do. It is nature who cures, or to use the Psalmist's form of expression, it is God who

healeth all our diseases, and redemeth our lives from destruction. Whosoever then is sick, would he "get well," should use such instrumentalities as were he well, would by use insure his health. For no substance of any sort or kind, whether solid, or fluid, or gaseous, whether material or spiritual, ever did a sick man good, ever aided him to health, ever wrought beneficially on him, which is of such quality as to do a well man an injury. What will destroy health, will not restore it; what will prostrate the strong will not strengthen the weak; what will produce a disease in a well man, will not, cannot, and never did cure a sick man; and what will cure, or aid to cure a sick man, never did make a well man sick, or tend to make him sick. The very idea is preposterous in itself. And yet on such non-sense as this, the whole healing art—healing art! one might with vastly more propriety call it the KILLING art, has reared its stupidous fabric. Men study for years to become skilful and cunning in administering medicines to the diseased, with a view to their cure, which given to the robust and healthy, would by their own confession wither and paralyze them.

The distinctions they draw are as absurd and ill-timed, as devoid of reason and good sense, as those which Butler in Hudibras affirms the old Fatiests, drew between saints and sinners.

"The SAINTS may do the same thing by  
The Spirit, in sincerity."

Which other men are tempted to  
And at the Devil's instance do;  
And yet the actions be contrary,  
Just as the saints & wicked vary."

Now, as the same law, or force, or influence, which made the sinner a saint, will keep the saint such, and as the same influence, which keeps the sinner such, will make a saint a sinner, if he comes under it—as God never trifles himself in setting at work redemptive means for the souls of men—so one may depend on it, that in establishing means for the redemption of the bodies of men from disease, He makes no blunders. And thus throughout His domain, or the province of what we call *nature*, you will find nothing provided for the repairment of injury, save such as may be consistent with the health of the body when uninjured. Doctors employ such means, I know, but nature does not; and so far as they traverse nature, it is clear to me that they are wrong. Look and learn. Must men forever be Bray'd in a morta[r] with a pestle, and yet learn nothing? Look, I say, at the plant in your garden; break its top, and thus wound it; does not nature use precisely the same materials, and the same kind of force to heal, that she used to make it grow? Cut a piece of flesh out of your hand; are not the same processes set at work to repair, that were at work to build? Break a bone, and get your Doctor to set it, what does he do but place the parts in *natural apposition*, and then stand quietly by and witness the same process wrought out that was at work to make the bone originally? Strike your axe into a tree, and wound its structure; observe how *nature* adjusts herself to overcome your outrage. She commits no excess; she exhibits no fussiness; she rings no clamorous bell. She diverts of her life force—exactly that force in kind which makes the

tree grow—sufficient to cure the wound. It may be said, that doctors often have to employ means to aid *nature* to overcome disease, without which nature would fail. Very well, I admit it; thereby they become *physicians*, assistants to nature. This is a very different thing from warring on nature, and doctors do this latter thing ninety-nine times where they do the former once. All I affirm is, that under pretence of assisting nature, they are in the constant habit of doing things which she abhors, which she protests against, and which she never did, nor ever will do. Thus scattered all over the earth's surface are the millions laid by to suffer and to die, for want of *physicians*, whilst at every cross-road are doctors, who in most instances have the faculty of helping the sick to speedy exit from this world to the next.

Now, I avow my object in these articles to be two-fold. 1. To hold up the practice of giving medicine, no matter who gives it, nor in what quantities given, to reprobation. It is none the less reprehensible, if given by so-called hydro-athic physicians, if possible is more deserving of rebuke. For such—if there are such—ought to know that the effects of medicine are never salutary. Either it produces no effect, or a deleterious one, tasking the vital forces to expel the "miserable stuff" from the body. 2. To show a more excellent way by reporting cases which have been restored by Water-Cure treatment, after they had baffled the wisest of the drug school and many of which had been again and again declared incurable. Thus, readers of the WATER-CURE JOURNAL, I hope to set you thinking. For you, or if not you, your neighbors, are the most completely deluded mortals the sun ever shone on, if you suppose there is any *virtue* or value in your "Doctor stuff." Seriously, and without hyperbole I say, that in my opinion more persons are killed in the United States annually by the use of drugs and medicines, than by the use of alcoholic liquors, and that "THE STATE" would do the people more service by closing the druggeries, than the groggeries. Evil is only the more dangerous, as it becomes respectable. A breathing hole from out of which comes reeking the hot stench of the bottomless pit, is not a great seducer; but a sleek-coated doctor, with his silver-headed cane in his hand and his poisons in his pocket, walking about the community with a prescriptive right to make the strong weak, the weak feeble, the feeble sick, the sick bed-ridden, the bed-ridden followed by mourners to that spot

"Where the wicked cease from troubling"  
is a great seducer. He

"Leads to bewilder,  
And dazzles to blind."

He is a great *civil*, a legalized evil, a chartered evil, a prescribed evil. But I hope that the day will come when he will rank with the rum-seller and be a proscribed evil. His knowledge of the human system may be great, what of that? Does that give him the *right* to administer the most deadly and subtle poisons to those who are sick? His knowledge of disease may be extensive, what of it? That gives him no privileged position to experiment on vital forces, and see how much they can bear before they succumb to his

outrages. Neither does it give him license to forego the use of the great forces which nature has actively in hand when men of his cloth are out of the way. One of the ablest doctors that ever won renown, has confessed that by far the larger proportion of the sick who are cured, get well in spite of the medicines taken. He might have said with truth, that *every one* of them does. Let me give you a case or two going to show how desperately wicked this medicine practice is.

## CASE 3.

Some two years ago a gentleman sent his daughter to me for water treatment. She was a woman grown, originally of fine constitution, healthy, vivacious, and vigorous in childhood. Reared in luxury or at least surrounded by abundance, and a pet with her parents, she was not well-disciplined in early life; but grew up to youth with large freedom of action, and a sense of independence of restraint not very favorable, as far as habits were concerned, to health. As she turned the point of puberty, it was not surprising that she was somewhat ill, and so a physician was called in. He was the best *Doctor* in the place and was considered *skillful*. He ordered some medicine, she took it and was no better; more, and she was no better; yet more, and she grew worse; still more, and she grew worse, and he called counsel. They laid their heads together, looked wise, consulted gravely, pronounced the ease a critical one, and proceeded in their drugging. *Nevertheless* she grew worse, and they stopped "doctoring" her, confessing that the case was very peculiar, and quite unmanageable. They never had the idea that what originally was a very simple case, and easily managed by means which would have done the hardest woman no harm, had been transformed into a complicated and nettlesome disease, easily aggravated and productive of great discomfort and some danger.

How should they? dear, good, self-complacent sons, who never for a moment thought that a *Doctor* could do *wrong* any more than an Englishman thinks the *King* can do *wrong*—who have faith in themselves chiefly, not for any skill they have, but because they are *Doctors*. However, to *their* surprise and her friends also, soon after she ceased to take medicine she began to improve, and readily run up to a certain point, where she remained for years; a delicate, pretty-looking invalid, good for nothing, but to be waited on, and "see company." Life to her was an *endurance*. It was devoid of purpose, not marked by any resolves for the future, and was as vapid as any one could well imagine. One spring, in April I think, she was taken sick with fever and ague. The skilful doctor was again called. She had astonished him *quite* by her tenacity of life, yet he learned nothing by his previous failure. Educated to think medicine a godsend and quinine the ne-plus-ultra, the beyond which nothing could go in controlling this shivering, shivering disease, he gave it to her largely and *broke up the flu*—he might nearly as well have broken her neck—but brought on abdominal neuralgia of the most distressing kind. Her agonies were dreadful, and he—poor, dumb-founded man, alarmed at the change of affairs, jumped out of the frying pan into the fire, and commenced giving her *opium*. O Charybdis! why must you always be right opposite Scylla? The opium eased her. The doctor was delighted. At last *science* had prevailed, and the mouths of the cavillers would be stopped. He had conquered. Her chills and fever had left her. The neuralgia had yielded to the opiates, and she was quite comfortable. A little time passed, the man of science was congratulating himself on the capital to be made out of it, when of a sudden he was recalled; the neuralgia had come back more vigorous than before. He gave her *morpheine*, and *science* again prevailed. But anon the neuralgia resuscitated, and science and it had a *tussle*. Generally for the time science prevailed, but somehow—and this puzzled the astute disciple of Galen—the neuralgia grew stronger from each conflict, till at length the worthy functionary of the medical profession found himself with an unmanageable case on his hands, as he had once before. He had turned this young woman into an apothecary shop, and then recommitted her to her *practitioner*.

At that time I had not had a case of opium eating. I have since had three. I told him frankly I did not know whether I could help him or not, but I would try, if he chose. He said he would bring her as soon as he could make arrangements.

In a few days he came with her. It was pitiable to see her. A beautiful woman, not skimp or skeleton-like, not poor in the face though thin in general flesh, but such a look out of her eyes! I have never been able to describe it, though I can call it up now in all its freshness and singularity of expression. "Twas not a mad, or deranged, or petulant, or dissatisfied, nor even a foolish, nor yet a dreamy look. She was at the time of her arrival under the influence of morphine, and in her most joyous and placable mood.

A day passed, and I was summoned hastily to her bedside. That indescribable look had passed away. In its place was one of mad agony. O! how she begged for morphine. She raved, threatened, plead, cried, screamed, tore her hair, called on God, angels, devils, saints, her husband, and her former physician, for *help*. She called for tea, coffee, wine, and even tobacco, and then fell into a half hysterical laugh, and said she "presumed we would not refuse her a cup of water to cool her tongue." I could do nothing for her while this intense excitement was at white heat. I waited till reaction came, and then gave her close attention. For four days and nights I watched the case with sleepless vigilance, supporting the system by every conceivable means, thinking the powers must give way, but at length the

narcotic indulgence, that in some of the paroxysms it seemed as if she might die. But I held steady to my purpose, and gradually the vital energies instituted a new order of things. Such was her improvement that her family and friends considered her change quite marvelous, whereas there was nothing marvellous about it. Her recovery was simply *natural*.

## CASE 4.

Such is the crude idea of Water-Cure treatment in the minds of most persons; such, I am sorry to be compelled to say, is the imperfect exemplification of it which many of its professed friends furnish, that few come to Glen Haven well informed as to what is to be done. Notwithstanding in every way possible for me I have asserted, averred, and affirmed, that in no case of the hundred on hundreds that I have cured, did I administer a particle of medicine, a majority of my guests visit me with the impression that I do. And many of them, without design in the least to be disrespectful, or intending to question my veracity, seem unable to believe that the changes which they witness are wrought without the aid of some powerful drug. In some cases this feeling of incredulity lasts, till like or as great changes take place in themselves, then they swing to the other extreme and become enthusiasts. They act as if relieved from the presence of some *spectre*, which had haunted them and made them sceptical and superstitious. They rejoice to know that Providence does not withdraw His protecting care, because His laws are obeyed instead of violated. It is at times surprising to see how the sick act when delivered from the power of this drug—men. No recovered drunkard ever chanted halcyon songs or filled his mouth with more heart-felt praises than they.

On a bright and beautiful morning in October, just after day-dawn, a man drove into Glen Haven, and requested to see me. I arose and dressed myself, and gave him audience. Without circumspection or preface, he proceeded to ask if I "ever received for treatment persons who were *opium-eaters*?" I told him that I accepted any diseased person who was manageable, if curable; but that insane persons who were in need of constrained conditions, I did not take.

He said "his wife was the person he came to advise with me about, that she was addicted to the use of opium, or morphine, and that it was ruining her. He wished me to consider the case in a favorable light, if possible, for all the means used up to that time, had proved unavailing. She had to have her doses regularly, and from time to time increased, or she would pass into spasmodic convulsions, followed by sinking fits in which she would hardly show life. In these she would lie sometimes twenty-four hours."

I asked him how she acquired the habit. He said, "she had it given to her for inflammation of the bowels as the first instance, afterwards for painful menstruation, and at last for piles." He described her as very feeble, of delicate frame at best, but as being a noble woman in whatsoever aspect viewed, before she was brought under the dominion of this accursed drug, "the right arm of the allopathic practitioner."

At that time I had not had a case of opium eating. I have since had three. I told him frankly I did not know whether I could help him or not, but I would try, if he chose. He said he would bring her as soon as he could make arrangements.

In a few days he came with her. It was pitiable to see her. A beautiful woman, not skimp or skeleton-like, not poor in the face though thin in general flesh, but such a look out of her eyes! I have never been able to describe it, though I can call it up now in all its freshness and singularity of expression. "Twas not a mad, or deranged, or petulant, or dissatisfied, nor even a foolish, nor yet a dreamy look. She was at the time of her arrival under the influence of morphine, and in her most joyous and placable mood.

A day passed, and I was summoned hastily to her bedside. That indescribable look had passed away. In its place was one of mad agony. O! how she begged for morphine. She raved, threatened, plead, cried, screamed, tore her hair, called on God, angels, devils, saints, her husband, and her former physician, for *help*. She called for tea, coffee, wine, and even tobacco, and then fell into a half hysterical laugh, and said she "presumed we would not refuse her a cup of water to cool her tongue." I could do nothing for her while this intense excitement was at white heat. I waited till reaction came, and then gave her close attention. For four days and nights I watched the case with sleepless vigilance, supporting the system by every conceivable

means, thinking the powers must give way, but at length the day star arose, and the dawn appeared. Blessed hour! No light which ever came from heaven dropped down into a sin-struck soul more genially, than did the coming of this new state of being to her. Weak, enfeebled, hardly alive to human eye, needing for long and weary weeks the closest attention and kindest nursing, and the most skilful treatment, she felt her torpid, half-dead spirit

"Revive again."

and she awoke to a new birth. She never took opium or morphine more, and regained comfortable health, and is a comfort to her husband and a blessing to her neighbors.

## EXTRACT FROM A LECTURE

ON THE

ESSENTIAL NATURE OF  
DISEASE.\*

DEMONSTRATED AND ITS RATIONAL TREATMENT INDICATED.

BY W. M. STEPHENS, M.D.

I HAVE long thought that the masses of the people should be more acquainted with some of the elemental principles of medicine than they now are, and it is our design in this and the subsequent lectures to put in a popular form such knowledge of the human system and the nature of disease, which we think is most important for every individual to know.

Have you ever thought of the reason of our having so much humbug, quackery, and imposition in medicine? Why have we so many new systems of doctoring? so many quack doctors? and so many patent medicines advertised to cure diseases which they will not cure?

I will very briefly show you why this is the case. It has arisen in part from the half developed state of medical science and in part from the ignorance of the people of the nature of disease, and the power and efficacy of those substances which were used to cure.

By the term "half-developed state of medical science," I mean this: that the art of curing has never yet been developed into a complete science; that it has heretofore and does yet to a great extent rest upon unproved and undemonstrated suppositions and hypotheses. Anatomy, physiology, botany, and chemistry are sciences, but the application of remedies to cure diseases has always been an experiment, and still is an experiment.

There being no science in the use of drug remedies, the most successful men in the practice have not been the educated, intelligent, and honorable physicians, but the man who made the greatest pretensions puffed himself and his medicines the most. The people being at the same time ignorant of the real nature of disease and of the so-called curative remedies, they have become the willing dupes of designing men, and of charlatans and imposters.

A very little knowledge of the human system, of the real nature of disease, and the true properties of drug remedies will protect every person from such impositions in future and will always enable them to take the right course in order to recover health when lost, or to keep it when attained.

\* We are compelled for the want of space to abbreviate the entire lecture, sent us for publication. But we give all the essential portions, omitting the inferences, which our intelligent readers will draw for themselves, and some other remarks especially adapted to a public audience.—E.N.

What I shall say in regard to disease and its treatment shall not be mere assertion. It shall be demonstrated to the reason of all men, and sustained by a mass of evidence which I will defy any man or men to refute.

The first proposition which I shall make, is this: *That disease consists of unassimilable, foreign, and impure articles in the human system.*

The word "disease" we use in a *general sense*, including all diseases acute and chronic—*i.e.* that all diseases, whether acute or chronic have their cause and origin in unassimilable foreign and impure particles of matter in the human organism. We except no disease, for we know of no exception.

These *substances or particles* we say must be in the stomach, in the bowels, in the blood, or lodged in the system upon the nerves, upon the muscles, upon the brain, in the air cells, in the liver, in the kidneys, or in the joints, or on the bones. Wherever they are they constitute a disease, and the nature of the effort for their removal will depend upon their character and their location.

Having stated our proposition, we will now bring forward some facts in proof of it:

I. In those parts of the vital force commonly called diseases, when allowed to have a natural cure, morbid matter is always eliminated from the system. This we see in the small pox, measles, scarlet fever, whooping cough, in the perspiration of fevers, in croup, diarrhea, &c.

Certain fevers are local, and the causes of them are generally supposed to be *miasma*, or impurities in the atmosphere which we take into the system. In all skin diseases the impurities are upon the surface and are there manifest to every eye.

In gout we know there are chalky deposits upon the bones and between the joints, and in rheumatism the deposit consists of urea. In this manner we could go over the whole list of so-called diseases, and show that they are all of them occasioned by unassimilable, foreign and impure particles of matter in the system.

II. The introduction of an unassimilable, foreign and impure substance into the body always awakes the resistance of the vital force, and constitutes what is commonly called a disease. Unpure food, unpure water, or drugs introduced into the stomach, all create certain diseases according to the nature of the impurities.

In the summer of 1854 the cholera carried off about 2000 of the inhabitants of the village of Columbia, Lancaster Co., Pa. No cause for the disease could be discovered until the reservoir which supplied the place with water was drained off, when two dead sheep were found in the bottom of it. The decay of these sheep had rendered the water impure, and were no doubt the cause of the epidemic.

The most common mode of introducing foreign and unassimilable substances into the body, is by the taking of medicines or drugs for the cure of other diseases. Some of these substances are neutralized and rendered harmless by the system, others after exhibiting their primary poisonous effects, are lodged in some parts of the system and become a constant source of irritation, weakness, and disease. Mercury being the medicine in most common use, its effects are best known.

Says Dr. Pereira, the highest medical authority in the world: "Mercury has been found in the metallic state in the organic solids, viz., in the bones, brain, synovial capsules (sutures of the joints), humors of the eye, the cellular tissue, lungs, &c." When mercury is found in the body, it is always in the state of quicksilver, and not as calomel or corrosive sublimate. Workers in mercury are so interspersed with this poison, that a gold piece laid upon the tongue becomes white. There are now *fifty-one distinct* diseases mentioned in standard medical works, as resulting from the medicinal use of the various preparations of calomel. Among these are several kinds of *fever exrema mercurialis* (mercurial skin disease), mercurial cachexia, mercurial tremor or the trembles, mercurial stomatitis or salivation, &c., &c.

In Drift's Modern Surgery we find a long list of the maladies known to follow the use of calomel. "The consequences," says that author, "are dyspepsia, chronic headaches, rheumatic pains, alveolar absorption and adhesions, ulceration of the fauces, and nostrils where no syphilite taint had been suspected, and in various degenerations, ma-

lignant and semi-malignant, of glandular organs." When once taken into the system, this drug is absorbed into the blood, and deposits itself upon some of the solid structures a constant source of irritability and weakness, if there is no actual effort (disease) created in the system by it.

Mercury thus in its various forms is the cause of a great number of diseases, or more properly is itself a disease which the vital force of the body endeavors to eradicate in various ways; these modes of action being in common language termed diseases.

What is true of mercury, we can also show to be true of every other powerful poison need as medicine.

Dr. Samuel Cooper, author of the *Surgical Dictionary*, remarks: "During the sixteenth and seventeenth centuries, when preparations of lead used to be given in large doses medicinally, the *oliva picturata* or painter's colic, and plague in their severest forms, appear to have been very frequent."

Arsenic, antimony, copper, bismuth, tin, silver, gold, iron, zinc, manganese, iodine, phosphorous, sulphur, chromic acid, bromine, alum, platinas, and a great variety of other substances, mineral, vegetable, and organic, when by any means get into the body, either deposit themselves there, or become cause of latent, slow and chronic diseases.

In this manner we have again shown that an unassimilable foreign and impure substance in the body is a disease, and if not expelled by an active effort of the vital power, remains in the body and constitutes a constant and permanent chronic disease. It makes a constant draft upon the nervous and vital power to keep it from destroying the citadel of life.

III. Most persons are aware that Water-Cure patients get well by what are called crises. These crises are in the form of acute diseases. Generally there are rashes over some part or all of the body, or large boils cover the body, &c. This when properly treated relieves the system by throwing off the *matrices mortis*, and the patient recovers his wonted health. During the past summer one lady under our treatment in a crisis emitted from her body such an offensive odor, that I could scarcely go in her room for three or four weeks. Being a lady of refined taste and fond of society, of which she was an ornament, it was very mortifying to her. She entirely recovered her health, after being an invalid for many years. Almost every patient has some form of a crisis, before recovering health. Healthy persons under water treatment never have a crisis.

IV. When any of the great outlets of the body [such as the skin, bowels, kidneys or lungs] are inactive or clogged up, we know that the system is being gradually filled with the impurities which these organs eliminate; and if their function is not soon restored, the system will break down under the load, or endeavor to remove it and restore the functions of the inactive organ by some extraordinary effort.

If there is too little activity of the lungs, the nervous blood will not be purified and will be sent back to the heart in a dark turbid current, loaded with carbonic acid gas, and from there sent in a sluggish stream over the whole system.

If the skin is coated over with an impervious paste, the accumulations of excretions [water and oil] with external dirt and dust, more work must be performed by the lungs, the kidneys and the bowels. They must each do about double their usual work, for the skin when kept clean and in health, is one of the greatest deterring and eliminating organs in the whole body. If the skin is habitually neglected, the body must sooner or later become filled with the impurities which it should eliminate; and being filled with these impurities, it is in a state of disease which will sooner or later be evidenced by some active effort of the vital force for their removal. It is by keeping the skin clean and the circulation pure, that the dally hather is protected from many of the diseases to which others are liable.

The inactivity of the liver, kidneys, and bowels will in a short time so fill the system with disease, that it will be fatal if not removed. Thus again we see that disease is caused by corrupting the circulation and filling the bodies with impurities, which the natural healthy action of the eliminating organs would have thrown off.

V. The proposition that we have stated, and we think demonstrated, is the only one that will account for the phenomena of disease. To say that a disease consists merely in abnormal action, in too great heat upon the surface of the body, in an excited pulse, or in a pain orache, is to us nonsense. There is some cause for these abnormal symptoms, and that cause is found in morbid, unassimilable and impure matter.

The most unexperienced and unread person in physiology knows that the whole body is pervaded by a living and intelligent instinct. If any part is wounded, it pours out blood and serum until it is repaired. To say that the human body is constructed upon any such insane principle or plan, that it will originate a disease for no other purpose than to destroy itself, is blasphemy against its divine author.

It is not true that our bodies are so insanely constructed that they will originate a fever, an inflammation, and a hundred other diseases for no other purpose than to destroy the body, to shatter into pieces the noblest workmanship of the Almighty. But every effort put forth by the vital force is for its own protection, for the healing up of some wound, or the removal of matters of disease from the human organism.

It is then a matter of scientific demonstration as well as every day observation, that the causes of the manifestations called diseases are to be found in unassimilable and impure particles in the organism.

Many that are upon the surface seem fair and beautiful, are yet within filled with all manner of uncleanness. The lungs may be rotting away piceemac, the stomach sour and cankorous, the bowels overloaded with impurities, the blood circulating a dark and poisonous stream; and the life corrupted at the very fountains, and death circulating in every pulsation.

This being the true and scientific exposition of the nature of disease, what is the duty of every man and every woman in the light of it? Keep the fountains of your life pure. As you would guard your unsullied reputation from the slightest stain; as you would guard the moral purity of your innocent child, watch over your domain of life. This doctrine is the basis of hygiene as well as of all practice of medicine. Defend your stomachs, your lungs, your skin, and your whole body from whatsoever is unassimilable and impure; and when you have done so, you may bid defiance to disease.

Such being the true and scientific exposition of the nature of disease, what is the true and scientific mode of curing? When drugs are taken, do not increase the disease? All drugs are foreign and unassimilable to the human organism. Will you introduce such substances into the human body to cure a disease?

We wish to make the point more emphatic, that what is commonly called a disease, is only an effort of the system to cure itself; to eradicate *matrices mortis*, or foreign and unassimilable substances. I know that all ordinary medication is based upon the idea that disease consists in the totality of the symptoms, and that when the symptoms are removed, the disease is gone. Thus they seek to break up a fever to check a diarrhea, to stop an inflammation, to suppress a pain, to drive back an eruption, to bring down the pulse. These are the expressions and such is the practice. Now there never was anything more erroneous in human practice and belief. It is only meeting one evil, by doing another. I know it is wrong from the demon strations of science, and from the experience of much practice. I know it is wrong from the teachings of nature philosophy, and common sense. Yet with many of us the prejudices of education and the force of common practice and belief are stronger than all the teachings of science and philosophy, than all the deductions of reason and experience.

But we now return to the question, what is the proper treatment of disease? There is but one answer and there can be but one, viz., remove the foreign, unassimilable, and impure particles from the body. If nature is making an effort, assist her in that effort. He who does not reverence nature and follow her teachings wherever seen, is irreverent towards the God of nature.

For the purposes of purifying this human body [as well as of everything else], we contend that there are no other substances than water and air; as assistants to these are electricity, light, food, and exercise. These constitute the pharmacopeia of nature.

We do not intend to go into any extended detail in this lecture, in order to show in what manner these agents are to be used, in order to remove from the body all manner of impurities; all we propose to do is to make the general statement, that all diseases are curable in this manner, and in no other. The agents are to be used in subserviency to and in conjunction with the vital force.

Water is the grand cleansing agent in the universe, and by it I now assert and will hereafter prove, that the human body and every particle of it, whether bone, blood, nerve or muscle can be washed and cleansed. And when so

washed and cleansed—the seeds—the very essence of diseases are removed. There is then nothing for the vital force to do but to carry on the operations of life, to keep the mind and body vigorous. There is then no excuse for an ache, a pain, or a disease.

For the removal of mineral substances from the body, such as quicksilver, iron, tin, lead, copper, &c., we use electricity in connection with water. The individual is placed in a bath of acidulated water, the positive pole of the battery is then placed in the hand of the patient, and the negative pole in water. The passage of the electricity through the body carries with it all extraneous foreign and unassimilable mineral substances. These substances are discovered in the water after the application. There is no mistake in regard to it, it is a matter of demonstration, of science. This action of electricity depends upon a well known principle. It is the same by which gilding and plating is performed.

The advantage of using electricity is the saving of time and much trouble, pain and uneasiness. Mineral substances can be removed from the body by water alone, yet it often takes months to do it; and then it is only accomplished after much suffering, patience, and perseverance. By the aid of the electrical bath the body may be entirely cleansed of these substances by a few applications.

We are often asked if water will cure dysentery, typhoid fever, scarlatina, rheumatism, &c., &c. We reply to this question by one general assertion, that water and its adjuncts, when properly used, will do more to cure all known manifestation of disease, than any and all other substances known to man. And this I say not merely from theory, but from years of experience; and not from mine alone, but from the experience and testimony of hundreds of others.

Danvers Water-Cure, N. Y.

#### WATER-CURE CATECHISM.

WHAT is meant by the Hydropatic or Water-Cure system?

The plan or method of curing diseases by means of hygienic agencies.

And what are hygienic agencies?

The elements which are used by the organism in its normal functional processes.

How many and what are they?

Light, air, food, water, temperature, clothing, exercise, and passionnal influences.

Why are hygienic agencies preferable to drug-medicines?

Because drug-medicines are essentially poisons.

What is a poison?

Any substance incompatible with the structures of the living body; in other words, anything not convertible into or forming a part of the vital tissue.

Do all poisons change or affect the structures?

They all occasion a resistance on the part of the living system, and according to the violence of such resistance do they occasion an expenditure and waste of vital powers, and to a greater or lesser extent impair the integrity of the structures.

Is this the reason why drug-medicines are so frequently injurious?

It is the reason why they are always injurious. If they do good in some respects, it is by producing evil in other respects; that is, they cure one disease by inducing another.

Do not hygienic agencies also sometimes induce evil effects?

They will never produce evil when properly used, whereas drug-medicines always and necessarily leave evil consequences.

Are not drug-medicines more powerful, at least in some cases, than hygienic agencies?

They are not more powerful *per se*, but more destructive in results. But such a power is better calculated to destroy vitality, than to cure disease. It is not the right kind of power. And by the way, it is a prevalent fallacy that medicinal agents of any kind impart power to the system. The power is in the constitution, and all that remedies of any kind can do, is to call it into exercise.

Why then may not drug-remedies—poisons as you call them—call this power into exercise as advantageously as those agents which you call hygiene?

Because the former being inimical to living matter, occasion a warfare which wastes the vital powers; whereas the latter supply normal conditions, or furnish elements which the living organism can use in its various functions.

I begin to see your position. I had supposed that you employed water in place of drugs, because it was safer in most cases and more efficient in many; but if I now understand you the water-treatment is based on a very different principle from drug-treatment. Am I right?

Certainly. It is a common error that hygienic agencies are substitutes for drug-remedies. These are evils necessarily, and their employment is predicated on a false philosophy. Hygienic agencies are good things naturally, and their employment is predicated of the laws of the living system.

But do not poisons in some cases act on the disease and destroy that, and thus relieve the system of an enemy?

Never. This is the great mistake of medical men, and the point on which non-professional people are so generally deluded.

How can you make that appear?

Very easily. Disease is not a thing, an entity, to be acted on or expelled. Disease is itself the effort of the system to get rid of morbid materials and overcome abnormal conditions.

Disease a remedial effort! Such talk sounds strangely to me. Are you serious?

Never more so. Disease is nothing in the world but a disturbed or irregular action of the organism, as for example, when the body becomes infected with miasma, or when its excrementitious matters are retained, as from a cold, the vital powers endeavor to expel them from the body, and we have a fever, which denotes the effort of the system to restore the healthy condition.

Your ideas are quite new to me; and entirely different from those I have learned from the medical profession. Will you proceed?

When convenient, I shall be happy to resume the subject.

LEAP YEAR.—It must be remembered that any woman during the present year can marry any man she pleases—provided he is willing. One of the authorities, writing in 1800, lays the law down as follows: "Albeit, it now become a part of the common lawe, in regard to social relations of life, that as often as every bisextile year dothe return the ladies have the sole privilege during the time it continueth, of masking love unto the men, which they do either by warden or looke as to them it seemeth proper; and moreover, no man will be entituled to the benefit of the clergy who dothe refuse to accept the offers of a ladye, or who doth in any wise treat her propo-sals with slight or contumely."

#### HYDROPATHY FOR AFRICA.

A LETTER FROM GEORGE THOMPSON.

It has often been said in my presence, and otherwise, "cold water wont do for Africa, where the Miasmatic poison is so abundant, and diseases do their work so quickly." We are told we must have some kind of medicine to cleanse the stomach, purge the system, rectify the operations of the liver, break up the fever, impart strength, &c., &c.

Generally those who give such advice, take strong medicine to move the bowels, and despise and speak against the *syringe*—they take their harsh emetics, and speak scornfully of our drinking so much warm water to cleanse the stomach—they take their quinine, calomel, &c., &c., to break up the fever, chills, &c., and ridicule our wet sheets, frequent batheings, and making ourselves "*water animals*." They take their strong coffee, ale, &c., to "strengthen" them, and laugh at our cold water drinking.

But now for the effects of the two systems.

We make no pretensions that water will always keep us alive. "It is appointed unto men once to die," sooner or later, and when God's true time comes no means can avail to keep them alive.

But as a general thing, those who have depended on the proper use of water as a preservative, preventative, and remedial agent, have enjoyed the *best health*, have been the *strongest*, were able to do the *most work*, to endure *exposures* to rain and sun with the least injury, and have been the most *cheerful* and *happy* in their work, trials, sufferings.

"But have not your cold water folks' died?" Yes, three of them within six months; but this fact does not disprove the truth of our assertion; for one was very imprudent, another had a complication of old and new diseases, another was worn down with heavy labors, and none had the counsel of a water-cure physician. But they are gone—"they rest from their labors, and their works do follow them." We turn to the living. Those who take *most medicine* have most frequent attacks of various forms of disease, and suffer most therefrom. Those who use, constantly, strong coffee, &c., &c., to "brace up the system," have the most *need* of braces and stimulants, and have the most frequent *falls* in spite of them.

The truth of these remarks could be fully and abundantly substantiated by numerous cases among the English missionaries in Sierra Leone, and even by cases from among our own number.

Those who use only the *water* can endure an astonishing amount of labor, can travel in canoe or on foot, by day or night; in fair weather or in stormy; swim rivers, wade creeks, climb mountains, &c., without weariness or injury—while the other classes can endure but little real hard labor. A little exposure makes them sick; a shower, wet feet, or night dews throw them into fever, &c., &c.

One of our number, who has been here nearly five years, came out a thorough believer in water, and with it alone he went through a two weeks' fever, comfortably, quickly, safely. Since then he has suffered by various sores, one

of which, at one time, discharged, when lanced, nearly two coffee-cups full of matter. Yet, by the application of water, the cure effected was perfectly wonderful. Again and again, has he been heard to say, "cold water did wonderful for my leg." His travels, on foot and otherwise, would have killed a dozen coffee and medicine users.

As I am not ashamed to instance myself as an example of the triumphs of the water practice. In my first sickness I took no medicine, and had the water applied very poorly by the natives, while I was delirious for nearly three weeks. Yet, with the blessing of God, I recovered, and did more work my first year than any one who has come since that time, has ever been able to do, (for most are able to accomplish but little during the first year), and grew strong on it. I was here nearly two years alone, and the amount of labor I performed, my book, "Thompson in Africa," will show. It was said to me, before I went home, "What you have endured would have killed many men;" and I used no MEDICINE.

Since I came out of Africa last (now nearly two years) I have done the full work of three men, as much as three men ought to be required to do in this country, almost continually I have preached from five to eight times a week, most of the time, besides attending numerous other meetings have managed a farm of one 100 acres, *all with the hoe*, provided food, &c., for nearly one hundred souls, built houses, made brick, sawed timber, quarried stone, burnt lime, laid brick, &c., and at manual labor in the quarry, &c., or cutting timber, I could do as much as any three men that could be found.

A short time since I spent four weeks in Sierra Leone for the health of one of our members, and to rest a little myself, but worked continually, till old missionaries, of twenty years' service, said they never saw any body that could go through what I did. I preached and lectured, taught singing, visited their schools, roamed the colony over, ascended their highest mountains (done by but few), wrote temperance cards, and published, &c., &c., and grew strong under it all.

Give God the glory. All my strength has come from him; but let them praise their coffee, ale, and wine, and dose down their drugs, till they are satisfied, give me my pure COLD WATER, internally and externally, and I am satisfied. I put myself against the whole tribe of the medicine-eaters.

But in this warm country, many of those who decry hydropathy, and use medicines, calomel, quinine, wine, brandy, ale, porter, &c., at the same time could not be persuaded to do without their frequent cold baths; and how much of the strength and health they do have, is attributable to this, I leave others to judge. I believe that were it not for the frequent bathing, their constant use of stimulants and drugs would kill them much sooner. They owe much to the water they so speak against as a remedial agent.

And could WATER alone be properly applied, as it is in your establishments, by scientific and practised hands, I firmly believe it would be the most active, efficacious means that could be used in this country, in its fevers, sorcs, &c.; but there

are two difficulties we frequently labor under, situated as we are.

*First.* Often there is no one present when one is sick, who properly understands the symptoms of disease, and the various applications of water thereto. This alone might be sufficient to account for the failure of water practice in many cases, as no one can tell what might have been if proper counsel could have been engaged. *Second.* Often, and generally, we have not sufficient help, or strength, to "put a person through" with that promptness and thoroughness which is requisite to break up a fever, chills, &c. This, again, might account for failures oftentimes. *Third.* At this point (and in all our low lands) our water is not pure, and suitable (on the hills there is no finer); but bad as it is, give me the water. Thank God for water.

— Why can't a good Christian HYDROPATHIC PHYSICIAN be found to come to this mission, to labor for the people, and help to preserve the lives of the missionaries? WE MUCH NEED ONE. Who says, "Here am I, send me?" God speed the good cause till humanity shall be redeemed.

Yours, GEORGE THOMPSON.

P. S.—Should any one feel disposed to offer to come here, correspond with Geo. Whipple, 48 Beekman St., New York. And may the Lord raise up the right one, and save this people. G.T.

#### DUTIES OF PHYSICIANS.

Read before the New York Hydropathic and Physiological School.

BY DR. ELLEN M. SNOW.

TEACHERS AND FELLOW STUDENTS: The subject which I have chosen for this occasion, viz., "The Duties of the Physician," is one of deep interest to us all. I have prepared a few remarks on the subject, not because I expect to edify or enlighten my hearers, but because I feel from the depths of my nature its vital importance, and the laws of associated feeling would fain impel me to communicate them to others.

First, we will look about us and see what need the world has of our services; for we believe that if it were educated as nature and reason would indicate, the word Physician would be to us unknown. Each person would be his own counsellor, aided only by daily association with kindred minds. The structure of the human system, and the laws that govern it, would then be as familiar to every person as is now its external covering.

But I look about me and behold a state of things vastly different from that which I have just described. I see ignorance prevail, with all its darkening and debasing influences. I see superstition, its twin sister, rearing its head and placing another barrier to the accession of truth. I see deformities of physical development that have been transmitted from generation to generation, accumulating still more at each successive stage, until at length the world has become nearly one living mass of disease. I see things too disgusting for the human eye to look upon; children, infants, whose bodies should be emblems of

physical, as their souls are of moral purity, are born disfigured with disease and loathsome to the sight. And when I reflect on the causes of this state of things, and find that it is in consequence of laws violated through ignorance, the deepest feelings of my heart are awakened, and from its inmost recesses there arises an ardent desire to labor for the good of suffering humanity.

We have now considered the field of labor for a physician, and found it to be broad and extensive, calling loudly for the united exertions of every philanthropic mind.

Fellow students, some of us are about to respond to that call. May we go forth, not only with a correct knowledge of our duty, but with the right feelings and motives to actuate us; for we may be assured that if we possess not these, we shall fail of success.

We may, indeed, succeed for a time, but sooner or later our hollowheartedness will manifest itself, and our influence for good will be ineffectual.

As we go abroad in the world we shall meet with many contending elements. We shall find selfishness arrayed in opposition to truth, and exerting its controlling and debasing influences. We shall find prejudice, also, holding complete sway over some minds, and preventing them from perceiving truth. If we would exert the greatest influence in overcoming these obstacles, we must meet them with earnestness, yet in a spirit of love and good-will to all.

We will now consider more especially our duties as Physicians. But first we will glance at the so called "Regular Profession," and see what methods it has pursued, and how it has succeeded in reforming the world.

First, its advocates, as far as our knowledge extends, make no effort to remove the causes of disease, but vainly endeavor to cure conditions while causes remain. This, to say the least, is very unphilosophical, even if the best remedies were used, which we do not believe would be able to produce the desired result. We cannot, therefore, acknowledge that they are laboring for the best good of mankind. We even have reason to believe that they have greatly multiplied disease by the use of poisonous drugs. They do not aim to enlighten mankind in regard to their physical well being, but rather seek to envelop their processes of cure in deep and impenetrable mystery. This mystery possesses a magic charm for the uninformed and ignorant. You have only to look about you to become aware of the credulity and superstition with which the Medical Profession is regarded at the present day by the mass of people. The Physician is regarded as holding the keys of life and death, subject only to the dispensations of Providence. What awe he inspires wherever he goes! How much mystery enshrouds the little case of vials, pills, powders, &c., whose potency it is confidently believed, will perform wonderful cures in such skilful hands as their Physician! Many even suppose that a Physician can, at the first glance, divine the peculiar disease, state with accuracy the different feelings, pains, aches &c. Can we suppose that in this unnatural state of society Medical Practitioners, as a class, are so conscientious that they will not make use of

the duplicity of their less fortunate fellow beings to subserve their own interests? From our knowledge of human nature, we cannot reasonably suppose it to be otherwise. True, there are a few who love the truth better than aught else, and are willing to embrace it

Where'er 'tis found—  
On Allopathic or Hydropathic ground.

To these noble precedents in the cause of reform do we look to sow far and wide the seeds of truth that will eventually germinate and be the means of redeeming the world from the ignorance that so effectually blinds the mass of its inhabitants. We, as co-workers in this important reform, have many arduous duties to discharge, some of which I shall endeavor to point out. Important, did I say? Yes, it is the most important, since it underlies all progress, morally and spiritually. How, I ask, can our faculties be developed harmoniously when the house we live in is gradually sinking to decay prematurely? How can we enjoy that happiness for which we were created, when we are constantly suffering from chronic disease, whose symptoms may subside for a time and afford us a little enjoyment. But, alas! just as we are beginning to congratulate ourselves upon our newly acquired powers, nature, which rallied but for the time, sinks again, exhausted from the effort, and hope dies within the bosom of the fated sufferer! This is not a thing of rare occurrence, it tells the history of a great proportion of mankind.

We, who look upon all disease as the result of violated physical laws, cannot fail to see our duty in a very different light from that in which it has hitherto been regarded. Disease has been generally regarded as an enemy which is prone to attack the human organism, and against which the Medical Faculty have arrayed themselves, armed and equipped with a long array of formidable weapons in the shape of drug medicines which are said to ward off the attacks of this monster at every point. This is considered to be the Doctor's post of duty, and if he can manage to repress the symptoms of disease in a particular part, without reference to the system as a whole, he considers his remedies to be thus far beneficial.

We cannot take such a superficial view of the subject. We must study to know the causes of this unnatural state of the system. We must go back to the early history of the individual and of the world, and see if we can discover wherein we have transgressed the laws of our being, and entailed all this misery upon ourselves: and so far as we become convinced that our habits of life are erroneous, it is our duty to correct them, and use our utmost endeavors to reform others who may not have had the same opportunities as ourselves to investigate the matter.

We cannot fail to see that by teaching mankind how to live, we can be far more serviceable to the world than we can by bending all our energies to invent some mode of subverting nature's laws, so as to relieve ourselves from suffering the penalty attached thereto, which is about as practicable as it would be to study some mode of putting your hand in the fire, so as to escape getting burnt.

The old adage, that an ounce of prevention is worth a pound of cure, applies with peculiar force to this subject. How easy it is for us, when all our faculties have their free and natural play, to perfectly control our passions, and thus secure to ourselves the greatest enjoyment of life; but when once this beautiful structure is deranged in any of its parts, we are partially left to the mercy of circumstances. Our abnormal appetites lead us often astray, although reason clamors loudly and occasionally asserts her prerogative, yet her reign is frequently subverted by the undue balance of our faculties.

Our duty should be to guard the public health. Our constant and untiring exertions should be to study Nature's laws in all their various manifestations, and to bring ourselves and others into harmony with them.

Thus far I have spoken only of our duty to mankind generally; but there are more special duties that will devolve upon us. People will call for us, when suffering the excruciating tortures of pain, for relief. They have been taught, from the earliest dawn of recollection, to believe that the physician possessed the skill requisite to its accomplishment. They have always looked upon the process of cure as something so intricate that none except the initiated could understand it, and the physician has taken great care to keep up the delusion, lest the common people might assert their right to investigate the matter, and bring thereby many of the inconsistencies of their system of practice to light. We have nothing to fear from this source, but should always be ready and willing to acknowledge and adopt truths wherever and by whom advocated, and also willing to renounce our own cherished opinions when convinced of their fallacy. We do not profess to cure disease, in the common acceptance of the term. We can only supply favorable conditions. Nature, and Nature alone, can effect a restoration to health. We come now to consider how we can best aid Nature in her efforts to regain her equilibrium when the balance of action is lost. I cannot now enumerate the variety of processes that have been found by observation and experience to be beneficial. I can only speak of the principles which should guide us in our investigations. It must be self-evident to every one, that if we would assist Nature, we must act in accordance with her laws. We cannot do this by introducing into the system agents that are incompatible in themselves with the healthy exercise of its functions. We have surrounding us, in the air we breathe, the food we eat, and the water which serves a variety of purposes, agents which are necessary to the maintenance of life, and therefore perfectly compatible with the structures of the system. These hygienic agencies can, by modifying conditions, be made to subserve an important purpose in the cure of disease, and at the same time act in perfect harmony with Nature's laws. We are convinced of this fact both from philosophy and experience, and on this do we base our system of practice in the cure of disease. Having for our foundation a correct theory, we shall then be able to pursue our investigations intelligently, and with the prospect of arriving at correct conclusions.

## HYDROPATHY VERSUS HYDRO-DRUGOPATHY.

How frequently do we see a good cause suffering more from its professed friends, than its open and avowed enemies? This is none the less true of the hydropathic than of other reforms. It may well exclaim—"Save me from my friends, but trust me with mine enemies!" Enlisted under the banner of hydrotherapy are many who, having long served in the ranks of allopathy, and becoming weary and disgusted with the doubt, uncertainty and experimentation of its therapeutic powers, are "more than half persuaded to become Christians" (hydropathists). Still, from a tendency of the human mind to cling with fond pertinacity to old usages, customs and associations, it becomes difficult to wholly dispossess themselves from their former pernicious practice. Or, perhaps, not having drank deep enough at the hydropathic fountain, they have failed to perceive its beautiful and systematic philosophy, and hence we find them administering drugs in one case, and prescribing water in another, or an admixture of both in a third instance.

*"Drink deep, or taste not the Pierian spring,  
For shallow draughts intoxicate the brain;  
But drinking largely sobers us again."*

The allopathic practice has so little scientific principle for its basis, and its practitioners have so long been accustomed to blindly grope their way to desirable ends, without system or consistency, that unless fully indoctrinated with the beautiful principles of our hygienic practice, they do not look for or expect to find it there.

Lest any of our allopathic brethren should accuse me of arrogant presumption and unsubstantiated assertion, in the above charges against so learned and venerable a profession, I have but to refer them to an abundance of testimony, still more severe and objectionable, from those of the highest authority in their own school. I have no space to present extensive quotations to this effect, but will cite for their examination, Dr. Curtis's "Medical Criticisms," where they will find a "cloud of witnesses," so dense as to wholly intercept their present disturbed vision of "hydropathic slanders" against their darling system.

I have been led to the above reflections from a case of hydro-drugging which came under my own observation, not a hundred miles from here. The patient was attacked with intermittent fever, and having tested the homeopathic system, to his entire dissatisfaction, concluded to try some Water-Cure processes, under the supervision of the proprietor of a Water-Cure (?) establishment in the place. He came, and ordered "blue pill" and "quinine," to "break the chills," and water to cleanse the system afterward! After the drugging, the patient, flinding himself growing no better "fast," sent for me. I found him much debilitated, nervous and dyspeptic, and suffering intensely from pain in the lower jaw. The gums were badly cankered, the breath offensive, and the whole "inferior maxillary" region so lame and painful as to be almost immovable. Query: What caused those local symptoms? Was it the fever—or the "blue-pill"? The doctor said it could not be the medicine, as too long time had elapsed (four weeks) since it was taken (?).

## THE WATER-CURE JOURNAL.

Now this is a "free country," and I find no just ground of censure in a person prescribing such medicines as he honestly thinks best; but I have a serious objection to advertising a "Water-Cure," and professing to be a hydropathist, while making such prescriptions as the above. The cause has suffered much discredit in the vicinity, in consequence of such false practice.

There is in hydrotherapy a *principle*, or there is not. If there is no philosophy or system in it, the sooner we reject it the better. But if there are living practical principles in the system, as demonstrable as any in mathematics, then let us abide by them in our practice; and if any fail to possess a thorough knowledge thereof, I would kindly notify them, that our principles are so beautifully and thoroughly explained and demonstrated at the "Hydropathic Institute," No. 15 Laight Street, New York, that "he who runs may read" and understand; and I would advise all such persons to avail themselves of the knowledge to be gained from the wisdom and researches of its worthy professors.

Mrs. C. L. SMALLEY, M.D.  
Painesville, Ohio.

## AN EDITOR'S EXPERIENCE.

READER, were you ever sick? Did you ever take medicine? Were you ever "*confined*" like a culprit, in a close room, with light and air shut out? Had you a "raging fever?" A parching tongue—crisped skin, and a poisoned liquid burning through your veins? Most likely you had. But you need not suffer so again. Water will always put out fire, when properly applied. We clip the following from the *Cayuga Chief*. The Editor, THIRLOW W. BROWN, writing to his paper, from Wisconsin, gives a bit of his own experience. He says:

"WATER.—Mustered strength enough to bathe this morning. There is a magic in the simple element. It imparts new life to the sluggish system, and the skin blooms again with the blush of health returning. There is a luxury in the application of water. The parched skin eagerly and gratefully absorbs it. A welcome glow creeps over the frame like the kindling of new life in the veins. For ages how the sick and afflicted have parched and died for the want of water. While health and life has danced and laughed in the sunbeams by the very doorsill, nature in the sick room has been consumed with burning fevers, and gasped for that which a benignant Father has sent gushing, and leaping, and singing everywhere, in its heavenly beauty and purity. I remember the palmy days of the 'regular' system. For weeks I have lain tossing with fever, gasping for a cool breath of pure air. Through the steaming window I could see the pure bracing sunlight of the passing autumn, and how I longed to look out upon the scene. But that and water were refused me. The stand looked like a small drug shop, and the close room smelled like it. One night while all others were asleep I found the water pail, and took an allopathic dose of cold water. On again getting into bed I fell into a sweet slumber, and perspired profusely. In the morning I greeted the day with new hope and

vigor. "Ah," said the old doctor as he felt my pulse, "that last medicine did the work, he's doing finely!" Little did he think that the last medicine was a copious dose of cold water! Would to God I were wealthy. While others bequeath to other laudable objects, I would bequeath a plump amount for the erection and ample endowment of a mammoth Water Cure establishment—A CURE FOR THE PEOPLE. Its treatment should be within the reach of all. The masses should there find a home at reasonable charges, the poor without money and without price. Its waters should be a pool where the afflicted could flock and be healed. An angel should always be stirring the waters. It should scatter its blessings as free as its waters run."

## THE DISCUSSION.

DR. CURTIS TO DR. TRALL.

1. MY DEAR DR. TRALL.—It seems to me strange to you that you should be so anxious to have published to all my articles on the question at issue between us, and to again say [54], that you will publish "any other articles or parts of articles" to which I may direct your attention. You have made this same promise not less than four times, and have as often failed to fulfil it. I will, however, in all, *serve* your article only so far as which have been published in the WATER-CURE JOURNAL. You must certainly be aware of the existence and nature of the articles you have omitted, for you mentioned, in your March number, the titles of four of them, and have engaged nearly all the space allotted to them in your article. You will, however, I suppose, that all articles should be published in both journals, and, as I have most justly fulfilled my portion of the agreement by publishing all your articles to me as fast as I received them, I confine myself to less comprehend your article, and to confine my comments on it in this matter. If you will turn to your *Annual* issue, page 36, you will find an enumeration of the articles I wished you to publish. Why do you want me to point them out a second time? and what reason have I to believe that you will fulfil your promise? You have been so publicly known that you *have not*. Doctor, your memory must either be very short, or you must be sorely puzzled to find a way to "dodge the question." I cannot say which.

2. The original question did not relate to the *remedial action* of agents, as you have for the last few months sought to show. It was, "Do medicines act on the body?" without any reference to their modes of action. In *Life* illustrated, Vol. I, No. 8, you said, "Dr. Curtis does not act on the body." No doubt you can be more concise or plain, and I cannot see it. It anything relating either to chemical, mechanical, or "remedial" modes of action. It was action simply; and, if you will refer to your own first arguments, you will perceive that you yourself have been discussing it in this light. If you will return to your *Annual* issue, page 36, you will find a summary of your own arguments to prove that chemical corrosion by nitric acid and mechanical destruction by powdered glass were not acts of these articles, but of the vital force through the medium of these articles, thereby destroying and rotting themselves in their efforts to assist the effects of the non-acting substances. Your intention was to prove that agents neither possess a remedial, chemical nor mechanical power of action. As proof of this, your position you fired your magazine, which consists in the proposition that agents do not act on the body. You blew your magazine to atoms in my last article, and sent me a manuscript copy of it, requesting me to publish it in your next number, that it might be read in reasonable connection with yours. Instead of doing so, you go back eleven months and tell me of my first article, and direct my attention to sundry writers and imaginary "Pebbles," and at last, in the lapse of three months, publish my article and attempt to refute it by denying the very position (as relates to chemical and mechanical modes of action) that you were all along contended. You must indeed excuse me for failing to see the consistency of your mode of argumentation.

3. But, allow that the question did refer to the *remedial action* of agents, and you have no right for introducing the question, as you did it in that fourth article in the *Review* for December 1854 (not even a year ago!) I published an article, entitled, "Drugs act Medically," in which I discussed the question in its remedial application. You have not yet found it convenient to publish that article, and I have not yet had the opportunity to make a few garbled extracts from it, and then edify your readers with accounts of my failure to meet this question. Go back, doctor, and publish what I have written, and let your read-

ers judge of the propriety of your asking if I have "forgotten" all about it.

4. I have a very *private* opinion as to the modus operandi of lobelia, and if you will read my articles again, with a little more care, you will find no grounds for supposing that I will require any further time to "think it over." Please show my articles to your readers, and allow them to see for themselves. I am not afraid to let them know that it is no ungenerous as to continue your plan of mangling my paragraphs, separating conjoined sentences, and dismembering their vital clauses. Please, also, to not quote me as saying "vita non est" for I have never used that expression.

5. As to continuing the discussion, do not make use of it. We have been at it for eighteen months, and yet you not "come square up the question." You said, more than a year ago, that you would "come at once to close quarters" and have all the time been running after various (so called) "writers and critics" who have not added at you a little. All the time you have been getting further and further from the marrow of the subject till, now, you have lost sight of it; deny your own propositions, and admit others, which I sent you, while promising to publish my articles, have ever said that *on* had published them, and yet ten of them have never found a place in the WATER-CURE JOURNAL. Of those you have published, some have been very erroneously printed, some have appeared only in disjointed fragments, and others have been suppressed for reasons which I do not know, the connection being thereby completely broken and their import very much injured. Surely, you cannot for a moment suppose that I will continue a discussion under such circumstances as these. Nine-tenths of your article of mine debate and reader's propositions which I sent you, fall two months ago. Once proven should be sufficient; why, then, do you ask me to prove them again, seeing that you pursue the plan of only letting your readers see those articles of mine which you think are easily demolished, or else present some new argument, or some new writer, or some new writer who have answered them. Really, I must beg to decline, not that I "fear the future," but that I intend "to profit by the past, and not again be under the necessity of pointing out to your readers your past mistakes and of negligently advertising" to your audience. Go on doctor, and when you shall have published all my articles and commented on them, if I see anything interesting in your remarks, you may depend upon it that I shall have something to say. At present, I am well satisfied to let my side of the argument rest on what I have already written.

Very respectfully,

A. CURTIS.

DR. TRALL TO DR. CURTIS.

MY VERY DEAR DR. CURTIS—I find the above article in the January number of your *Physico-Medical Recorder*. Really, doctor, I am afraid our readers will never know what you are driving at. As to those articles of yours, which I am accused of being afraid of, or of refusing to publish, this branch of our controversy can be disposed of in very short measure.

Several of the articles you allude to were addressed to your readers and not to me; nor were they, in my judgment, of the least relevancy as relates to any question between us. Others were fragmentary notes or criticisms on my articles, which no one could understand, as I have before said, without a replication of my own articles as figured off by you. All the rest that I have seen I have published. But it seems to me you ought so to respect the space of our Journal and the time of our readers as to be willing to re-state any point, fact, principle or argument which has been omitted or "dodged." I will then attend to it with the greatest pleasure.

If, however, you have made your best argument, your side of the question is left in a very unfortunate predicament. You have already given four different and conflicting rationales of the action of lobelia on the system; and when I asked you to elect which one you would abide by, so that I could have a fixed position to reply to, you said—

You are again doing the metaphysical in relation to the interpretation of our question. You say, "the original question did not relate to the *remedial action of agents*." It was, "Do medicines act on the body without any reference to their modes of action?"

True as preaching, doctor, but what sort of a crocket, quaver, or den-sent-dodge have you here? Are not medicines remedial agents? Do medicines act on a dead body? If you give medicine do you not intend to remedy something? Would you expect to remedy, medicate, or cure any body but a living one? What then is the difference between the action of remedial agents on the living system and the action of medicines on the body? Just nothing at all.

It seems to me that the malu strength of your argumentation consists in transposing and confusing the questions wherein we differ, so that our readers cannot readily get hold of them. You scarcely ever represent my positions as I do myself, or as I try to have you and our readers understand them.

You say of me, "Your intention was to prove that agents neither possess a remedial, chemical, nor mechanical power of action." My intention was nothing of the sort. My intention was to prove just what all the facts you have thus far adduced go to illustrate, that "*remedial* agents do not act on the living system," or in other words, medicines do not act on the body.

As you seem to decline discussing the general subject any further I shall continue it "solitary and alone" and try to do justice to both sides; and as texts and pretexts shall quote from celebrated "omitted" articles of yours unless I get something fresh and new from your pen.

But I promised to say something about experience in this number. I claim that experience has nothing to do with the settlement of our question. You contend it has everything to do with it. You have employed lobelia as a remedy or medicine "full many a time and oft," and your experience satisfies you that it is always hygienic. I have employed it a few scores of times, and my experience satisfies me that it is always the contrary. But here you have had a larger experience than I have, hence your opinion may be entitled to most weight.

Test this rule of judgment in another way. Allopathic physicians have used opium extensively for many centuries. They call it a harmless, a useful, and a necessary remedy in a multitude of diseases. You have not used it at all, and yet you—presumptions mortal—pronounce it a deadly poison in *all* cases!

Why then do you oppose your opinion to that of the whole medical profession when they have had all the experience and you none? Simply because you have a theory that an incompatible, a substance intrinsically non-useful in the organism, is of necessity a poison. And I take you on your own ground, I say the same is true of lobelia.

It is well known that the "operative effects," or "toxicological properties" of lobelia and tobacco are very similar. Indeed the two plants are species or varieties of one genus or family. Everybody, except invertebrate tobacconists, concedes that this "filthy weed" is poisonous; and everybody, except "original Thomsonians," believes lobelia to be poisonous also.

You call a poison anything which is injurious to the constitution, and a remedy any thing which seems to do good in a given case of disease. I can see no such distinction. I call a poison anything incompatible with, or not convertible into the structures. Your definition would make no distinction between lobelia and opium, nor between these and water, or bread, or beef, or cabbage. Mine makes a radical distinction between *all* drugs, no matter what school appropriates or rejects them, and all hygienic agents and elements. In a word, I call everything poisonous which the system rebels against and rejects, and everything hygienic which it seeks, uses and appropriates. When next you write a dissectional article, hang this over your desk in "glaring capitals," so that you will not "dodge" it.

Suppose you were to take an ordinary chew of tobacco into your mouth, it would occasion a stinging sensation in and about the throat, a burning feeling along the oesophagus; a deathly sensation of nausea in the stomach, with dizziness of the brain, trembling of the limbs, cramps of the abdominal muscles, and finally violent vomiting, with extreme relaxation or prostration of the whole system; and these are exactly the symptoms which result when a large or full dose of lobelia is taken. Why is not one a poison as well as the other? And why this struggle if not to expose something intrinsically poisonous?

On a fine morning in November last I happened to be roaming over the Meriden Mountains, in the State of Connecticut, when, emerging above the green grass, I espied a full-grown but wild withered plant which attracted my attention. It was "lobelia inflata." I had not seen it in its native state for several years. It was some fifteen years since I had abandoned the use of tobacco, and I had partially at least recovered the normal sensibilities of the palate. I had also lived many years on a strict vegetable diet, without salt or spices, and hence considered myself a pretty fair subject on which to test anew the medicinal virtues of lobelia.

I thought of Dr. Curtis as I put into my mouth a few lobelia pods and leaves. I wished to test whether the effects were physiological or pathological, whether healthful or morbid, and also whether the thing acted on me or I on it.

It seemed to sting and burn; it set me to drooling like a merciful; but I held on to the experiment until I felt, down in the epigastric region, as though deep and extensive preparations were going on for a demonstration of some sort; and just as the abdominal muscles seemed to be drawing

into a knot and the jaws to be falling apart, I let go—split the "fend" out!

I am not conscious that I swallowed a particle of the herb or its extract, but my salivary glands and mucous membrane poured out their secretions [for the lobelia drew them out] for an hour; and the stomach continued nauseated, and in retching condition for some time [for the lobelia kept pulling, and twitching, and fretting, and irritating, or coaxing, or provoking, or inducing them to act], although far removed from the presence or contact of the enemy—I beg pardon, the friend. In a word, the effects [not action] were precisely analogous to those I experienced when, as a foolish boy, I first took into my mouth a lighted cigar. And now, reader, if the effects of tobacco and of lobelia are similar, it belongs to you to show why one is a poison and the other not.

How do you explain these phenomena? My experience is that lobelia proved, in this case, to be a poison, and that the system made a powerful effort to resist it and expel it.

But I have no space to dwell longer on this topic now. Hoping to hear from you again, I remain,

Very respectfully, R. T. TEALL.

## Miscellany.

### DR. SHEW.

"WHO SHALL WEAR HIS MANTLE?"

A soul is freed from bondage.  
Wear ye toil,  
And days, and nights of pain, are his no more.  
He in our hearts hath reared a monument  
Immortal as the truths he taught to man.  
Then mounted with swift wing above the stars,  
To grasp each truth unknown, and infinite.  
And shall we mourn above his place of rest?  
Or bind the wreath of Fame around his tomb,  
And water it with tears of gratitude?  
Was this the end he toiled for? This the aim  
That gave him strength to gird his armor on  
And battle foremost in the cause of Truth?  
Was it to win the flattery of earth?  
The praise of far posterity, he gave  
To suffering humanity his life?  
Nay, he hath sown gems of rich thought and pearls  
Of heaven-born truth in true and stable hearts,  
And generations yet to come will reap  
The riches of his toil.

Doubt not his name  
By the recording Angel foremost stands  
As "one who loved his fellow man" and taught  
Life's greatest lesson, *how to live aright*.  
For this he labored! That each error dark  
The mighty waves of truth might sweep away.  
And the good seed be sown, and gather'd in  
The garner of the Lord, by angel bands.  
And shall we strive, like him, with gratitude  
To labor as co-worker with the Lord,  
Dispensing light upon the darkest mind?  
Oh, let us seek, with earnest zeal, to win  
His holy mantle, and to wear it well.  
More precious than pure diamonds, gather up  
The glorious radiance of thy dying hour,  
And, since he labors in a *higher sphere*,  
Press onward in the work so well begun.  
And when "Our Father" saith to His own,  
"Come higher up and learn the joys of Heaven."  
May we, like him, be plumed and waiting found,  
For a reward long toiled for, and well-earned.  
*Orwell, Vt.*

J. A. B.

### TRICKS OF THE TRADE. ADULTERATED MEDICINES.—THE ST. LOUIS MEDICAL INVESTIGATOR SAYS:

It is not always an easy matter for physicians to tell a genuine homoeopathic preparation from an adulterated allopathic one. An expert apothecary can make almost any preparation you may call for, out of alcohol or water; giving the precise taste, smell and color of the drug, to the counterfeit. We have, more than once, heard physicians boast of their judgment in these matters and absolutely select the spurious tincture for the genuine, when placed side by side.

When our medicines are purchased in an attenuated form, it is impossible for the very best judges to decide with any degree of certainty, as to their quality. After a

drug has been carried up to the third or fourth dilution, it generally loses its taste, color, smell, &c., and the only thing perceptible to our senses, is the alcohol used as a vehicle in most of our preparations. It therefore precludes the possibility of telling whether or not the so-called preparation contain any medicinal properties. For this reason ignorant and credulous persons are often imposed upon with a vial of alcohol for a genuine homoeopathic dilution.

It is said that some have already made a princely fortune in these pursuits, [selling spurious medicines] the effect of which induces hundreds of others, of the same character, to engage in the nefarious business. The consequences are that our entire country is beginning to be flooded with spurious homoeopathic medicines. Druggists, who have heretofore ridiculed our little globules, now parade them upon their shelves. Why is this? Simply from the fact that they can sell an adulterated article much cheaper than an honest pharmacist can a genuine one, and at the same time the druggist makes an enormous profit.

Some dealers have gone so far as to import their bottles from Germany, and after filling them with their own preparations, sell them as genuine German tinctures. Hundreds of homoeopathic physicians have been imposed upon in this way. Our medicines are not only retailled in almost every town, but they are actually hawked about from house to house by peddlers, and bantered off like spurious jewellery, and almost anything taken in exchange for them, that, like old rags and sheepskins, can be converted into money. Many will sooner purchase of such persons than from a reliable pharmacist, especially if they can but save one dime by so doing.

It is not surprising that some few of the layety should be imposed upon with worthless medicines, but the idea of a physician jeopardizing the health and life of his patient with homoeopathic remedies that he can procure for the least money, is too outrageous to be tolerated in any enlightened community, if once generally known. An allopathic druggist might engage in such business with more propriety, believing as he does that best they are worthless, and hence it matters but little to him what they are composed of. But any homoeopath who will knowingly engage in selling adulterated medicines, simply for the profit it yields, will do almost anything else to accomplish that object.

There is no doubt of the truth, as stated above. It is well known that the greatest frauds are practiced in the medicine business. European manufacturers became so bold, as to ship cargoes of the vile and adulterated stuff to our shores, to be dosed out to the sick; and so aggravated did it become, that the United States Government passed laws, requiring medicine to be inspected, before permitting it to be distributed. Still, who is so verdant and green as to suppose he gets the real pure poison, even when he pays full prices for the best? He cannot get it. It is not to be had; even his pure, genuine cod liver oil is only whale oil, or common fish oil. His opium is mixed with other ingredients, while all the colored slops, put up in vials or "large quart-bottles," are simply made to sell. Beware of them. We advise our friends and patients to dispense with all drugs and die-stuffs, and to use instead pure, unmediated, and undiluted WATER. It may be tepid, warm, or cold, but let it be the pure, clear liquid. In this there need be no imposition, no cost; you have only to ask and it shall be given unto you.

An illustration of this subject, which ought to be quite satisfactory, is given by a correspondent, writing from the seat of war, in relation to the fall of Kars:

"In the medical department likewise peculation had left the town utterly unpreserved. It was not the quantity about which one would complain, but the quality, for hundreds of cases arrived containing the most useless drugs, while all essential things were not provided. Instead of the instruments necessary for field surgery, cases containing obstetric instruments came out in quantities; cosmetics and other curious medicines, enough for the whole population of Asia Minor, formed the chief portion of the medical supplies.

"The reason of this is easily explained; the person who had the contract for this kind of supply bought as cheaply as possible all kinds of unsaleable articles in all the back shops of Pera and Galata, and charged them at a high price to the Turkish Government, giving a reasonable profit to those who interfered, would have been inconvenienced. The consequence is that the Turkish Government owes him at this present moment 7,000,000 piasters for the supply of medicines to the army, and this to a man who had three years ago not credit for 7,000 piasters!"

**IMPORTANCE OF PURE AIR.**—In about two and a half minutes, all the blood contained in the human system, amounting to nearly three gallons, traverses the respiratory surface. Every one, then, who breathes an impure atmosphere, two and a half minutes, has every particle of his blood acted upon by the vitilizing air. Every particle becomes less vital, less capable of repairing strictures, or of carrying on functions; and the longer such air is respired, the more impure does it become, and the blood necessarily becomes more corrupt.

[Instead of pills, or patent medical slops, put up in large quart bottles, pure air is vastly better to purify the blood than anything else. Pure air, pure water, and pure food, will keep the system in working order.]

**OUR JOURNALS IN THE TERRITORIES.**—All real pioneers to new countries ought to be patriots and reformers. The early pilgrims were, and their descendants should be among the patrons of our publications; we are happy to include the most zealous and reformatory of all the new settlements in our distant territories, and we have the best of evidence to insure us of the good effects they everywhere produce. We copy a brief business letter, which explains itself.

MESSRS. FOWLER AND WELLS, New York.—Enclosed I herewith keep hand you draft for \$22, for which please forward to subscribers according to the annexed list, twenty copies of your WATER-CURE JOURNAL, four copies of the PHENOMENOLOGICAL JOURNAL, and eight copies of LIFE ILLUSTRATED. Will send another list soon. Among the present subscribers are the Government officials and other thinking minds of this territory. We mean that you shall have a good representation at this young and rapidly growing city, in favor of your excellent Journals of reform. As to myself, I would add that the instruction I have derived therefrom has been appropriated in a practical sense many years, and I am a hydropath of the strictest order; hence my excellent health, great powers of endurance, &c.

With sincere regard I am very truly yours,  
Omaha City, Nebraska,

L. R. T.

**LECTURES WANTED.**—Messrs. Editors: By your extracts from Dr. Kimball's communication in Feb. Number of the WATER-CURE JOURNAL, I perceive he is doing a good work for hydropathy in Iowa, and as he proposes to extend his labors to the Rock River Valley, I hope he may be induced to come as far north as this place.

I believe he (or any other good advocate of hydropathy) would meet with a cordial reception from a large and wealthy portion of this community, and might do the cause as much service here as anywhere. It might irritate some of our numerous drug Doctors, but there are respectable physicians here who would give the subject candid attention. Hydropathy only needs to be placed fairly and correctly before the public mind, to lead great numbers to abandon drug-eating, and resort to nature's own simple means for the preservation of health and the cure of disease, the use of pure air and pure water.

Janesville, Wis.

J. T. DODGE.

**RECOMMENDATION AND USE OF QUACK MEDICINES BY CLEVERMEN AND PHYSICIANS.**—The following letter from a leading member of the profession at the West, and who is well known to medical men generally, says the Boston Medical and Surgical Journal, is addressed to the editor of the New Jersey Medical Reporter, from which periodical we copy it. It is under date of Cincinnati, October 13, 1855:

“Dr. S. W. BUTLER—*Dear Sir:* I am much gratified with your remarks on Quackery, in the October No. of your Reporter. What inducements a regular physician can have to endorse any form of pill-quackery, it is difficult to conceive.

In justice to scientific medicine, every advocate of nostrums who belongs to a regular medical society, ought to be publicly excluded from the association, and placed before the community in the company which he has chosen.

It is to be deeply regretted that learned and distinguished men in the other professions, should so far abandon the principles which they insist upon in their own pursuits, as to encourage ignorance and imposture in the medical profession.

“With regard to the support given by religious newspapers to quackeries in medicine, I will just say that, for a

number of years, I have refused to take any religious or temperance paper which contains the advertisements of medical quacks. Yours truly, R. D. MURSER.”

[Good. That's the way to punish all the wicked religious newspapers, that persist in putting and advertising nasty quack medicines. Just let them alone everlastingly. But think of their beautiful consistency, praying the Lord to deliver them from temptation one moment, and yielding to the old Nick, by inducing sick folks to swallow poison the next. When will they turn from their evil ways, and learn to serve God by obeying His laws?]

**ELFISH IN VEGETABLES.**—All vegetables, especially those eaten by animals, contain a certain portion of flesh; for instance, in every hundred parts of wheaten flour there are ten parts of flesh; in a hundred of Indian corn meal there are twelve parts of flesh; and in a hundred of Scotch oatmeal there are eighteen of flesh. Now when vegetable food is eaten it is to its fleshly constituents alone that we are indebted for restoring to the body what it has lost by muscular exertion. “All flesh is grass,” says the inspired writer, and science proves that this assertion will bear a literal interpretation. No animal has the power to create from its food the flesh to form its own body; all that the stomach can do is to dissolve the solid food that is put into it; by-and-by the fleshy portion of the food enters the blood, and becomes part of the animal that has eaten it. The starch and sugar of the vegetable are either consumed [burned] for the production of warmth, or they are converted into fat and laid up in store as future fuel when required. Grass consists of certain fleshy constituents, starch and woody fibre. If a cow, arrived at maturity, eats grass, nearly the whole of its food can be traced to the production of milk; the starch of the grass goes to form fat [butter], and the flesh reappears as caseline, or cheese. When a sheep eats grass, the flesh of grass is but slightly modified to produce mutton, while the starch is converted into fat [melt]. When man eats mutton or beef, he is merely appropriating to his own body the fleshy portion of grass, so perseveringly collected by the sheep or oxen. The human stomach, like that of a sheep or ox, has no power to create flesh; all that it can do is to build up its own form with the materials at hand. Iron is offered as an engineer, and he builds a ship, makes a watch-spring, or a mariner's compass, according to his wants; but although the form and texture of the materials under his hand, yet its composition remains the same. So, as regards flesh, although there be one “flesh of men, another of beasts, another of fishes, and another of birds,” yet their ultimate composition is the same; all of which can be traced to the grass of the field or a similar source. Flesh then is derived from vegetables, and not from animals, the latter being merely the collectors of it.—*Newspaper.*

**ENAMELLED CARDS.**—An exchange says: “A little child of one acquaintance was rendered seriously ill last week by chewing a handsome enamelled ball ticket, which its mother had given it to play with. For the benefit of those who do not know, we would state that the enamel on these cards contains arsenic.”

**SCOTTISH FOLK LORE.**—I wish to make a note of the following bits of “folk lore” still current in this district, and that have come masked before me, and will be heard. That they are religiously believed in, admits of no manner of doubt.

*Salt.*—I offered to help an old Highland lady at dinner one day to some salt from the “cellar,” which stood much nearer to me than to her; she gravely put back my hand, and drew away her plate, saying at the same time, with a kind of shudder, between her teeth:

“Help me to eat!  
Help me to sorrow!”

**Sneezing.**—It is a thing known, and fixed as the eternal fate in the minds of all dunces nurses, and especially all “howdies” whatsoever, that a new-born child is in the fairy spells until it sneezes; then all danger is past. I once overheard an old and most reverend-looking dame, of great experience in howdye-craft, crooning over a new-born child; and then watching it intently, and in silence, for nearly a minute, she said, taking a huge pinch of snuff, “Och! och! No yet—no yet.” Suddenly the youngster exploded in a startling manner into a tremendous sneeze; when the

old lady suddenly bent down, and, as far as I could see, drew her forefinger across the brows of the child, very much as if making the sign of the cross (although, as a strict Calvinist, she would have been scandalized at the idea), and joyfully exclaimed, “God save the bairn, it's no a warlock!” Even people of education I have heard say, and maintain stoutly, that no idiot ever sneezed or could sneeze!—*Notes and Queries.*

**Poisonous Hair Dyes.**—We notice a statement that a short time since a gentleman was placed in a lunatic asylum in Berlin, Prussia, to be treated for mental alienation, brought on by the use of hair dye. On examining the article which he had employed, it was ascertained to be composed of lead, mercury and lunar caustic. It produced violent pains in the head, and at length led to madness.

It would be an admitory history if it could be written, the experience of the barbers of this State, in the use of hair dyes and hair restoratives. Blindness, deafness and extensive and obstinate ulceration, and in instances, paralysis have been produced by them. One article alone, Twig's Mixtum, has, in the ignorance of hair-dressers, and their customers, caused more mischief than any of us save physicians in full city practice have any idea of. It is marvelous that men do not consider, that such violent alteratives as most of the hair dyes must be, are what are called poisons, and that they can be taken into the human system by absorption through the scalp.—*Albany Evening Journal.*

**Cause and Effect.**—The Empress Eugenie expects to present the French nation with an heir to the throne; so the ladies of the French Court wear hoops; so the French *haut ton* wear hoops; so the American ladies wear hoops. It is to be hoped they will enjoy this convenient and grand contour until the event takes place, when the ladies of the French Court will subside, and the ladies of the French *haut ton* will subside, and the American ladies will subside.—*Evening Post.*

Is a patent pill peddler indictable for carrying deadly weapons with him?

**Tobacco.**—A valued professional friend writes us as follows, from Philadelphia: I have never written my experiences in tobacco, but will sometime do so. I have neither touched, tasted, nor handled it since I cast it away some nine moons ago, and have gained fifteen pounds. I never was well before.

This man has had a painful experience of more than twenty years in the use of tobacco, and we hope sometime to give it to the public for the public good.—E.S.

**The Paper or the Pills.**—The St. Louis *Intelligencer* has the following so cool a piece of impudence that snow melts alongside of it:—

“A young medical friend, residing at Port William, Frank in County, Mo., subscribed, and paid in advance, for the *Medical Congressional Reporter*, purporting to be published at No. 512 Broadway, New York. About two weeks since, he received in place of the third number the following note, with a small parcel of pills:

No. 512 Broadway, New York, Nov. 8, 1855.

DEAR SIR: The *Medical Congressional Reporter* having been discontinued, I send you a box of my Pills, which is the full price of the *Reporter*. Yours, &c.  
K. H. Root, M.D.

We have not heard whether these pills loosened the Money market at Port William.—*N. Y. Daily Times.*

**Progress and Improvement.**—PITTSBURGH THIRTY-THREE YEARS AGO.—The following, from a Pittsburgh paper of April 14, 1823, shows how western people got to New York in those days, and what an advance the introduction of steam has made in the modes of travel in this short space of time.

**Passengers Wanted.**—A wagon will start for New York city in about two weeks. Five passengers will be accommodated at \$25 each. Apply at the store of Alsworth and Smith, corner of Walnut and Fifth Streets.

Pittsburgh, April 14, 1823.

Just think of having to advertise two weeks to get a load

of five passengers for New York! Verily, things have changed. Now the iron horse, snorting over the Alleghanies, carries 500 passengers daily to the same destination — *Wayne Co., Ohio Democrat.*

### FASHION'S RIGHTS. A PARODY ON A PARODY.

BY TOPSY.

The water drops were falling fast,  
As through the muddy streets there passed,  
"A maid who bore 'mid snow and ice"  
No "banner with a strange device."

Bnt heavy skirts!

Her brow was sad, her footsteps slow,  
As she waded on through slush and snow;  
And her voice like an engine-puff was gone,  
As she exclaimed in a peevish tone,

What drugged skirts!

"In happy homes she saw the light  
Of household fires gleam warm and bright;"  
And oh! she wished herself was there,  
Her wet skirts off—she in a chair,

Then, what would she for fashion care?

Such monstrous skirts!

"Just cut them short!" an old man said,  
"Then stand erect, hold up your head,"  
"Don't sacrifice your life to pride;"  
Again the panting voice replied

"Tis fashion's skirts."

"Be wise," a voice exclaimed, and rest,  
"What's most convenient is the best;"  
The maiden paused and heaved a sigh,  
Then onward dragged, with the self-same cry

Her muddy skirts!

Beware your sad and cruel fate,  
Repentence—it may come too late;  
For num'rous ill will those bestide,  
Who on their backs let fashion ride.

Yet still the fainting voice replied,  
My dirty skirts!

And on she went in her trailing rig,  
For common sense; she cared not a fig,  
But firmer held her skirts up higher  
That passers by might all admire

Such fine wrought skirts!

And thus 'till twilight cold and gray,  
She swept the streets in this array:  
And her voice was heard till out of sight  
Bemoaning sad her muddy plight,

Yet still demanding

Fashion's right!

**QUESTIONS.**—Why is it, Mr. Editor, that people do not seek to become better acquainted with the principles, which govern and control human life? Why will they not strive to understand the mysteries of their own physical and mental organization, as well as the minutiae of monetary and political affairs?

Some years since a law was enacted, I think, designed to make *Physiology* one of the studies of our common schools. The act directed that all teachers should be able to pass a satisfactory examination in that science; but this regulation has been but little heeded—in many places not at all. Parents seem rather to desire their children to imbibe a smattering of the so-called "fashionable studies," than store their minds with that most valuable knowledge appertaining to themselves—to that wonderful frame which is declared to be the "Temple of God." Some seem unwilling that the laws which tend to prevent and control disease should be fully disseminated, others imagine there is something *indecide* in teaching the young the structure of the human system, and communicating a knowledge of those great principles, which regulate life and health.

I have lately been perusing some numbers of the "WATER CURE JOURNAL," published by Messrs. Fowler and Wells, New York city, and, (with your permission, Mr. Editor) without subscribing to all the principles which they advocate in regard to the use of water as a remedial agent, yet I

would most cordially recommend their Journal as conveying a rich fund of practical information, in relation to the maintenance of health and relief of the body's ills and pains. This knowledge which it seeks to disseminate, is not a mass of words and scientific terms, which but few can comprehend, but is communicated in a clear and common sense manner. In the discussion of all those practical topics that fall within its wide range, it is at once *clear, interesting and profitable*; and from the pages of a single number information may often be gained of more worth than an entire year's subscription. A healthy moral tone prevails its pages, and none need fear on the score of delicacy, to have it perused by all the members of a family.

Let us learn rightly to discipline the functions of the body, for upon our physical health depends greatly that of the mind and soul

H. W. R.

—*Barnstable Patriot.*

**THE KANSAS ENTERPRISE.**—Our vegetarian friends are going on with their enterprise with considerable spirit. During the month of January their capital stock was increased by additional subscriptions, from \$23,000 to \$29,500. A list of the parties forming in various parts of the country, with directions for routes, etc., has been prepared, constituting a programme of the spring operations, from which we perceive that a variety of practical men, with their families, will be on the ground early this season. Our readers will have some interest in knowing the character of the country where the new settlements are to be formed, and therefore we give the following from "Colton's Kansas and Nebraska," published in 1855:

"The Neosho river rises about latitude 38° 30', and flows about one hundred and fifty miles through a highly productive, beautiful, and well-timbered country. Its direction is about south-east to the State line of Missouri, the bluffs as you approach which become more elevated and picturesque; it has a rapid current, over a rocky bottom, and upon its tributaries (which are numerous) water-power to any extent may be obtained. The wild pea grows spontaneously in its valleys, and upon one of its tributaries an immense deposit of lead has been discovered. The mine is now being worked successfully; and the ore is shipped in flat boats down the Neosho and Arkansas rivers to Fort Smith. The following account of this river, from recent explorations, will be found interesting: 'Near the southeast corner of the Territory the Neosho (clear or pale) El Dorado, descending from the North west, passes out of the Territory on its southern line. The Neosho is a bold, rapid, rocky stream, unfit for navigation, but affording admirable water power. The bottom lands along its tributaries are of the finest description, and covered with excellent timber, and in much greater quantities than in the Kansas valley. The bottom-lands on the lower parts of the Neosho yield enormous crops of corn, and every production common to the latitude of 37°, and have been known on rare occasions to produce two full crops of corn within the year (vide reports of Union Mission). The uplands in this valley are generally of a lighter character, and well adapted to the growth of the smaller grains. Lead ore and stone coal are found upon its tributaries, and the springs and streams are pure and lasting. Council Grove is located upon the main branch of this river, only a few miles from Kansas River. Emigrants desiring to explore or settle in this valley, should pursue the Santa Fe road to Council Grove, and there send or descend the valley, as they may choose. With the surpassing scenery, broad and fertile bottom-lands, beautiful timber, perennial spring, mild and pleasant climate of this valley, they can not fail to be pleased. As a stock-grazing country, this is among the most desirable part of the Territory.'

We extract the following from Max. Green's excellent work, "The Kansas Region."

"Throughout the Osage country there are scenes of romantic loneliness, and some even bordering on the picturesqueness. In tranquil summer time it has the plain, yet dreamy beauty of the Flemish landscape. Over all, a Sabbath serenity is diffused, and grassy knoll and leafy wood are embathed in a soft and subdued lustre, which is indescribably soothing, and inspires holiest impulses. Remembrances come to me now of one full August of soul-feit enjoyment, because it was a life so novel and so free, every evening of which my blanket was spread upon one or other of its tufted hill-tops. Then goldenly the sun would go down, and crimson banners of clouds would follow in his royal wake. The tall grass would wave beneath the zephyr, stealing up like the pet bird of stillest wing from the twi-

light recesses of the dell beneath. The swarthy figure of some solitary Indian horseman would fit near and disappear by a path leading into the hollow of a stream. And perchance a group of symmetrical pages boys would come to amuse us with a game at arrows, and it was very pleasant to watch them in the gathering dimness; unlike the bolsters of our own children, they were so stealthy in their movements, making no exclamations of joyousness, so much a part of the sacred quietude of nature; their cinnamon-colored limbs, innocent of clothing, and of Indian mold, coming in clear-cut relief against the sky, as with a spirit-like softness and rapidity they shifted their positions, as a dried fragment of a horse-collar would be placed upon the bow of an archer, then flung high into the air, and caught in the hands of others ere it could reach the ground, and the overtaking arrow quivering in it. Those were evenings of primeval beauty, many more of which may yet set over Osage land."

The position selected by Dr. McLaren was chosen on account of the remarkable purity of the water, as it is his intention to establish a hydropathic institution as one of the earliest institutions of Octagon City. An agricultural college is also in contemplation, and as a large proportion of the shareholders are possessed of mechanical knowledge, and the valley is remarkable for its water-power, there is no doubt but mills will be erected for the manufacture of woolen, if not of cotton goods, while the construction of furniture, houses, wagons, and the various useful articles of importance in a new territory, will be extensively carried on. The labor will thus be profitably divided among manufacturing and agricultural pursuits. Health is best secured by a fair proportion of indoor and outdoor occupation. Several parties are starting the last week in February and in March, and a large number in April. May 1st is the day appointed for the distribution of lots.—*Life Illustrated.*

**AN APPROPRIATE RECIPE.**—The *Bombay Advertiser* states that a Dr. Milne had been lecturing there on the success of medicine. Two medical students, believing him to be ignorant of his subject, called upon him, and one of them who appeared a fine healthy young man, complained of certain pains in the chest, a cough, night sweats, &c. The doctor heard his tale, asked a number of questions, and after a long diagnosis, declared him to be in a deep consumption. Dr. Milne wrote his prescription, sealed it up in an envelope, and directed it to one of our first chemists, pocketed his fee, and bowed them out of the room. To the chemists they rushed to enjoy the pent up laugh, and handing him the note, he read—"This young man is suffering from *cerebral hernia* in the region marked 'self-esteem' by phrenologists. Pray therefore give him common sense, 3 grains; wit, 1 drachm; horseflesh, ad libitum." —J. M.

**FLOWERS.**—Passing through one of our by-streets last autumn, we were preceded by a group of boys rollicking through the street, after the fashion of the candidates for Bowery distinction. Just as we reached them their boisterous merriment was checked by the sight of a quantity of flowers—the refuse of a neighboring garden thrown out onto the street. They were the commonest kind of flowers—marigolds, &c., yet none the less beautiful for being common. The boys made a simultaneous rush for them, not with pushing and squabbling, as they would have done for coppers or "valuables," but with eagerness. One, keen-eyed than the rest, secured the gems of the collection, and the disappointed gathered round him with as great an intensity of satisfaction, as though themselves had been the fortunate finders. "Oh, ain't they pretty," in various keys burst from their hearts, and so, locked arm in arm, they strode slowly down the street, still admiring, but not as before, boisterous, rowdy. Their voices were softened, and their bearing harmonized, and we lost sight of them, bettered we doubt not, if only for the moment. Yet if bettered, then better for ever.

Could we but throw more flowers in the way of earth's unfortunates, who can tell what might be done by the ever-growing, never satiated thirst for Beauty? So softened tones and quiet manner of those rude boys, passing arm in arm through the city street, their whole souls poured out on a handful of east-away flowers, was in itself the flowering of a better seed, a Beauty which the highest sense will feel. For ourselves we reverenced flowers more than ever, they seemed texts dropped from the Evangel of Art.—*Crayon.*

# The Month.

NEW YORK, MARCH, 1856.

SPECIMEN NUMBERS of this always sent gratis.

THE POSTAGE on the WATER-CURE JOURNAL is only six cents a year, payable quarterly in advance.

SUBSCRIPTIONS may commence with this January number, and continue one or more years.

MONEY on all specie-paying banks will be received at par, in payment for Books or the JOURNALS.

SEVERAL bank-notes, postage stamps, or gold coins, may be sent by mail, at single letter postage.

ON THE SAME TERMS.—It will be the same to the Publishers, if either or both the PHENOMENOLOGICAL JOURNAL and the WATER-CURE JOURNAL are taken in a Club.

WHEN a large amount is remitted for BOOKS or JOURNALS, it should be sent in a check or draft properly endorsed, payable to the order of FOWLER AND WELLS. We pay exchange. Eastern funds preferred.

REGISTER all letters containing remittances.

GET up a Club for the Water-Cure Journal, 1856.

## TOPICS OF THE MONTH.

BY R. T. TRALL, M.D.

HYDROPATHY.—“What’s in a name?” Nothing says one; everything says another. “A rose by any other name might smell as sweet;” and a man—a real man—would not be a monkey, though we should call him ape.

But we have an objection to misnomers after all: especially in scientific matters; and more especially as people are sometimes led by sound rather than meaning.

Hydropathy or Water-Cure is such a misnomer of our system of hygienic medication, that it misleads a great many persons; and we see no other way of setting the public mind right, than by adopting a new name for it; a term expressive of its real nature or pretensions. But what shall we call it?

This question is perplexingly vexatious. We can think of nothing that sounds well and means right. The dictionaries are silent on the subject, and the students of our school have discussed the question in all its multitudinous aspects, without arriving at any satisfactory conclusion.

“Hydriatrics,” and “Hydrostatics,” and “Hydrology” are too mechanical. “Hydrotherapeutics” is too limited; indeed, it is liable to the same objection as Hydropathy, as both put water forward as the *therapia* of our system, whereas it is only one of many of our remedial appliances.“Hygeopathy” is the least objectionable of the terms yet proposed; and yet we do not like the last clause, the *pathy* of the thing. “Hygienic Medication” is exactly expressive of what our system imports. But it is awkward, and

moreover, will be as likely to be misapprehended as the present appellation.

If we can ever disabuse the public mind, convince it that our system is not a *cold* Water-Cure, we will then try to go a step further, and show them that it is not a *Water-Cure* at all, but a *hygienic* cure.

Our opponents (many of them, however, know better) are continually representing that we have but a single remedy, and pretend to cure all disease by “water alone;” and many of our friends are hard to convince that there is much of anything about it, except water—cold, colder, and coldest—unless it be ice or snow.

We want a name. We must have it. We will have a new christening. Our system shall ere long be known by a name which the earless and the envious can neither mistake nor gainsay. But what shall it be? Cogitate, friends, and give us the result.

HARD vs. SOFT WATER.—The following article is going the rounds of the newspapers:

“WATER, SOFT AND HARD.—A paper was lately read before the Institute of British Architects, setting forth that, contrary to the opinion of the London Board of Health, soft water, instead of hard, is injurious to animal life. The position is sustained by numerous facts, showing the low tone of the system, and the glandular affections induced by the absence of lime, in any form in the water, to be as decided as the excessive development of the sanguine temperament produced by too great a proportion of these substances.—*Northwestern Farmer*.“This is quite contrary to the generally received opinion respecting the comparative healthfulness of ‘hard’ and ‘soft’ water; but it may nevertheless be the truth of the matter. An opinion from the *Scientific American*, *LIFE ILLUSTRATED*, or some reliable medical journal, on this question, would be perused with interest, and probably with profit; for the subject is one of importance. Who will clear up the uncertainty?”

We claim that the WATER-CURE JOURNAL is reliable authority on most watery subjects, and therefore proceed to say through its columns, that the fallacy of the above conclusion consists in comparing very impure soft water with ordinary hard water. In many places the soft water of ponds, pools, and rivers is so impregnated with effete animal and vegetable matters, as to be absolutely much worse than water containing a considerable portion of lime, yet free from the other impurities.

The idea that we should DRINK LIME in order to supply the bony structure or prevent glandular diseases, is a mistake. The elements of all the structure are found in food, not in drink. Under all circumstances the purer water is always the best.

SALT, THE GRAND CURE-ALL.—Some aspiring genius has sent us the title page of a book which he proposes to publish, “advocating the use of common salt as a ‘life preserver,’ and proving it on scientific principles to be a more important article for *to promote* (the italics are ours) a healthful digestion of food, used in proper quantities as a beverage, than any other one (this italic is his) thing now in use.”This is an important principle, if true; but as it has been disproved a thousand times, we are inclined to think his evidence will be of the “guess so” or *ipse dixit* order. The wonderful virtues of salt are thus set forth: “Salt hardens, preserves, and saves man’s every faculty. It will aid him to endure more hardship without fatigue, more exposure to cold or heat, to wet or dry atmosphere, &c., and not take disease, than any other one thing he can use to preserve health and ward off disease of any kind, &c.”

These virtues were once very generally imputed to alcohol, and by some to tobacco; and we suspect our author’s argument will rest on as slim a foundation. In fact we would rather be pickled down in alcohol than in salt, for the reason that salt does “harden” our tissues a little harder than alcohol does. But this is a reason why we call it a life destroyer instead of a “life preserver.” Our opinion is that people generally are suffering quite enough from the excessive use of salt now, without trying to harden their hard structures any harder by this hardening process.

Our author traces all disease of men and cattle to “decomposition for want of salt.” We trace his ideas on this subject to ignorance for want of investigation.

INHALATION TRICKERY.—The *Sunday Courier* gives the following additional chapter on this subject:

“We have stated elsewhere that it is the practice of one of the principal inhalationists to give false certificates of burial, reporting the deaths by consumption that occur in his practice as caused by some other disease. This is, of course, a violation of law, and renders the offender liable to a penalty. It is, no doubt, owing to this infamous mode of procedure that a slight impression has been made of late in this city upon the City Inspector’s returns of deaths by consumption. We have got a clue to a case of this kind which we mean to follow up even to the public prosecution of the offending quack in a court of justice. We have unquestionable evidence that the patient and his friends were assured that it was an undoubted case of tubercular consumption. He was treated for that disease, and yet, towards the last moments of the sick man, it was announced by the quack that the disease had been mistaken, and so another name was inserted in the certificate of burial.

“The untiring industry and ingenuity of these quacks in their vocation would, in the cause of truth, be highly commendable, but in so infamous a pursuit it is terribly loathsome. Human nature can never be displayed a darker aspect.”

THE “COLD” WATER-CURE AGAIN.—A correspondent sends us the following incidents, from which the reader will find no difficulty in deducing the proper moral:

“There has been quite a number of your Journals taken here, but they do not at present seem inclined to take them from some cause unknown to me; but I think the reason for their not taking the WATER-CURE is from a lack of understanding the practice, and they will not inform themselves, because some one has practised it in a wrong manner. There is a case to the point near by.

"An elderly man some sixty years of age has taken cold, and thinks to cure it with cold water. That the practice may be true to the name, he on a cold winter's evening gets his pail of cold water from the well, which is not yet cold enough to suit him, so he sets it in a cold room where it will freeze by the time he wishes to retire for the night; at which time he takes his sheet, breaks the ice, dips it in the water, wraps himself in it, and retires in the same room without any additional clothing on his bed. The consequence is, he is taking a cold sweat with a vengeance, but after shivering about two hours he thinks it not quite what it should be, and does not know what the matter is, unless it is not cold enough; so he gets up and wets his sheet again, and retires again in the same manner, and remains an hour longer, but all to no purpose. His cold will not yield, and he is at last obliged to get up and build a fire, by which to warm himself, cold and all, and he has by this time no small amount of it, I can assure you. Well, what is the result? why, as a matter of course, the Water-Cure is all a humbug, and every word which advocates the cause is a lie; and he being a man of wealth, what he says or does has a great influence with his neighbors."

"On the other hand here is a neighbor who is taken with the cramp in the back, which confines him to the house, and he can neither sit, stand, or lie down with any comfort for several days; and after a trial of all the usual remedies of the neighborhood and to no purpose, he with a great deal of reluctance concludes to try water. To begin with, he applies a cold compress to the afflicted part, taking care to wrap dry cloths sufficient to keep it warm, which he wears through the night, and in the morning he takes a cool bath in a warm room, and comes out as well as ever for the time, but in the course of the day gets to be some lame; but a repetition of the same treatment for a few nights makes him fully sound. But he being a man of small property, his experience will do comparatively nothing to offset against that of the other man."

**HYDROPATHIC PHYSICIANS.**—We have on hand a host of communications asking as to direct the attention of the graduates of our school to particular locations as suitable places to practice their profession. Nearly all of our present class who contemplate taking the field the present year, have their localities in view. Some of them, however, are "prospecting," and among these may be named Dr. E. H. Harris and wife, whose advertisement appeared in our last number. They have been a year in this city, posting themselves from all the many available sources of information which this great city affords.

We shall probably be able to announce the names of some others in the April number, with the localities where they intend to commence their labors as lecturers or physicians, or both; and perhaps the names of some who are willing to go where the opportunity to be useful is the greatest.

**MEDICAL PRIZE QUESTION.**—The Massachusetts Medical Society is evidently beginning to look ahead, an example we commend to all medical societies and medical men whose eyes have unfortunately got into a desperate habit of looking

backward. It is authorized by the generous donation of one of its members, to offer the premium of one hundred dollars for the best dissertation on the following subject: "We would regard every approach towards the rational and successful prevention and management of disease, without the necessity of drugs, to be an advance in favor of humanity and scientific medicine." As this seems to be virtually a premium for the best treatise on "Hygeopathy," we commend our young hydropaths to "go in for the money." Which of them will have the prize?

**THE HYDROPATHIC MEDICAL COLLEGE.**—The application for a charter for our school is again before the Legislature, with every assurance that it will speedily become a law, notwithstanding the efforts of one or two allopathic physicians, to prevent it.

It has been reported favorably in the Senate; its reference to select committee by a vote of 15 to 8 is decisive of its success in that branch, and we are assured by those who ought to know, that it will meet as cordial a reception in the Assembly.

In numbers our school already ranks as the third of the five medical schools in this city; that is to say, our class is much larger than that of the irregular Physio-Medical, and somewhat larger than the regular "New York Medical College."

The Summer Term of our school will commence, as usual, May 1st. We have made arrangements for a much more general course of instruction than heretofore, beside lessons and demonstrations on anatomy and chemistry.

Those persons at a distance who contemplate attending a part or the whole of the summer term, will oblige us by intimating the same on or before the 1st April. If they can be here by the middle of April, at which time our "commencement" will probably take place, they will find it pleasant and perhaps profitable to do so.

**WATER-DRESSINGS IN SURGERY.**—During the last century the most eminent surgeons of various nations (see Hydropathic Encyclopedia, vol. I. page 50,) have repeatedly published to the world, that "simple water-dressings" were superior to all the medicated and drugged lotions, liniments, plasters or poultices known among apothecaries, as applications to all manner of wounds, bruises, sprains, fractures, dislocations, surgical operations, &c., and this fact we have been trying for several years to make physicians and people recognize and practice.

The Boston Medical and Surgical Journal of January 31st gives the following case in corroboration of this important therapeutical principle:

**EXCISION OF THE ELBOW-JOINT IN A CASE OF LACERATED WOUND OF THE ARTICULATION.**—By G. Kimball, M.D., Lowell, Mass. It is to the credit of modern surgeons that the highest honors of their art are gathered from the field of "conservative surgery." The saving of a life and a limb at the sacrifice of a joint, is a real triumph, and every instance of success which illustrates this great modern improvement in surgery is worthy of record. The following case occurred under the care of Dr. Kimball during the past year.

On the 3rd of June last, W. F., a strong, healthy young man, twenty-four years old, was employed about a "derrick" in repairing a railroad bridge in this city. By some accident his elbow was caught between two pointed *chain hooks*, which transfixed the joint, and tore out, in such a manner as to open the articulation completely and leave the articular surfaces of the humerus and ulna protruding. The head of the radius was broken off, which was all the injury done to the bones themselves. The triceps extensor muscle was also torn off from its attachment to the ulna, and lacerated to a considerable extent; and the injury generally done to the soft parts was very extensive.

The engraving below represents the appearance of the arm at this time. On examination it was found that the attachment of the *biceps* to the tubercle of the radius was uninjured. Also that the *brachialis anticus* was still attached to the ulna. The blood-vessels and nerves were also uninjured. Under these circumstances, the decision to attempt to preserve the limb with the loss of the joint was quickly made. The chisel saw was applied to the humerus, just above the condyles, which were thus removed.



As much of the ulna and radius were removed as could be with safety to the attachments of the *brachialis anticus* and *biceps*. About an inch of the *triceps extensor* was then removed; also an amount of contused and lacerated soft tissue, in order to give the injury, as far as possible, the character of an incised wound. The edges of the wound then being brought together by sutures and adhesive straps, the limb was placed in a splint, in the straight position, and the simple "water dressing" used. No unfavorable symptom appeared, and at the end of six weeks the wound had entirely closed, and a flexible union had taken place between the ends of the bones.

At this time an *angular splint* was applied, and passive motion kept up for a number of weeks. In the course of the summer the splint was removed, and the arm, bent at a right angle, was kept in a sling. During this time there was an obstinate tendency to solidification in the false joint, and at intervals of two or three weeks it was found necessary to give chloroform and restore the movements of the new joint, by forcible flexion and extension.

The present appearance of the arm is shown

in the engraving, below, taken three weeks since. The power of bending the arm is preserved to a useful extent. The motion of the fingers and wrist are perfect. The power of extension is impaired, but not lost; and the chief defect in the motions of the arm is the limited power of pronation and supination.



As evidence of the usefulness of the arm, it may be stated that the man is now at work for the railroad company, and is able to do his day's work without difficulty."

Anxious, as ever, to give the people everywhere all the information possible, respecting the best method of healing their maladies and injuries, no matter from what source derived, the publishers of this Journal applied to the editors of the Boston Journal for the cuts illustrating the case above described. In reply they received the following from one of the editors of that periodical :

"MESSRS. FOWLER AND WELLS.—*Gentlemen:* Your letter of Feb. 2d, requesting the use of the wood-cuts illustrating the article on "Excision of the Elbow-joint," was duly received. Our delay in replying to it was occasioned by our writing to the author of the article, to ascertain his wishes on the subject.

The Journals published by you (the Water-Cure and Phrenological) are frequently characterized by opposition to what is usually considered regular and legitimate in medicine, beside advocating principles to which we are decidedly opposed. We consider, that in allowing the engravings to appear in any other than a regular medical journal, we should be doing indirectly an injury to the medical profession, and must therefore respectfully decline acceding to your request.

Respectfully, your obedient servant,

FRANCIS MINOT.

Boston, Feb. 7th, 1856."

We are grateful to Dr. Minot for his courtesy in giving us the reasons for his declension, but we regret the grounds upon which he places his refusal. How could we publish a journal advocating a different, and as we believe, a better system of the healing art, without "frequently" opposing what is "usually considered" regular

and legitimate? Our journal is not published to advocate what is generally believed, but what is intrinsically true. If our brother Minot will object to our articles on the ground of their fallacy, we shall be at any time pleased to argue the topic with him.

Our brother M.D. is "decidedly opposed" to principles which we advocate. Will he show wherein the principles we advocate are untrue? This is the only important question, and the real issue that concerns the profession and the public.

We are sorry, too, that our neighbors should deem it "injurious to the medical profession," to have engravings of a lacerated elbow appear in any other than a *regular* medical journal? Certainly the information contained could not do the people any harm, if published in all the *irregular* medical journals and all the non-medical newspapers in the land. And if it be possible that the profession can be injured by such a course, we would be obliged to any one who would tell us in *what* that injury would consist? We can hardly divine it; yea, it surpasseth our comprehension utterly! To our simple-mindedness it seems that the spreading abroad of such facts would greatly redound to the honor and glory of the medical profession, and vastly magnify the good name and honorable fame of "legitimate medical science."

However, the publishers, with their characteristic liberality, have procured new engravings, so that our readers will not suffer by the mistaken policy of our highly respected contemporaries.

MISS COGSWELL'S LECTURES.—We are pleased to hear that our esteemed friend and talented co-laborer, Miss A. S. Cogswell, M.D., has taken the field for a time as a lecturer. We predict for her a warm reception and attentive audiences, wherever she makes the acquaintance of the people. Her first course was recently delivered at Warsaw, N. Y. Her success was *good*, the impression she made on the understanding of the people thereabouts *better*, and her prospects for the future *best*. A mutual friend writes: "Her lectures have received the most flattering notices in the papers; the ladies of the place have voluntarily presented her with testimonials of the pleasure and profit derived from her instruction; showers of letters are pouring down upon her, recommending her to the attention of the people, and especially the clergymen of all the adjacent villages."

PROSPERITY AND ADVERSITY.—The virtue of prosperity is temperance; that of adversity, fortitude. Prosperity is the blessing of the Old Testament; adversity that of the New, which carrieth the greater benediction and the clearer revelation of God's favor. Yet even in the Old Testament, if you listen to David's harp, you shall hear as many beauties like airs as carols; and the penit of the Holy Ghost bath labored hard in describing the afflictions of Job than the felicities of Solomon. Prosperity is not without many fears and distastes; and adversity is not without comforts and hopes. We see in needleworks and embroideries it is more pleasing to have a lively work upon a sad and solemn ground, than to have a dark and melancholy work upon a lightsome ground; judge, therefore, of the pleasure of the heart by the pleasure of the eye. Certainly, virtue is like precious odors, more fragrant when they are incensed or cransbed; for prosperity doth best discover vice, but adversity doth best discover virtue.—*Lord Bacon.*

## To Correspondents.

Be brief, clear, and definite, and speak always directly to the point. Waste no words.

LEAD PIPE.—C. W. S., East Rutland, Vt. I would like to know, through your Journal, if there is any opinion that lead pipe is injurious to water where there is a constant stream running through it.

No.

PSORIASIS.—G. M., Westville, Conn. My eldest child, a girl now two years of age, has been afflicted with a disease ever since she was three months old, an exact description of which is given on page 84 of Trall's Encyclopedia under the heading of *Psoriasis*. She has never taken any drugs, and has been treated, from the first appearance of the disease to the present time, hydropathically, viz.: a wet sheet pack three times a week, and occasionally a blanket pack. Also a bath every morning. Early in the treatment she had a very severe attack of crisis. Eruptions over the whole surface of the body succeeded by pustules, festers and so on. For the last three months we have packed her three and four times a week in *double* wet sheets, and found her to improve faster than when she had single sheets. Sometimes the disease almost disappears, then comes on again with little less virulence. The questions to which I earnestly solicit an answer are the following: 1. Is the disease curable? 2. If so, are the means we now employ the most appropriate? 3. If not, what variation of treatment does the case require?

The disease is probably curable; certainly, if the child has a fair constitution. So far as water is concerned, your plan will answer very well, though, as all patients need milder treatment after a crisis than before, we would suggest a pack only once or twice a week. You say nothing of the diet, yet this is as important, to say the least, as the bathing.

CONGESTION OF THE WOMB.—C. A., Boston. Please inform me through your valuable Journal the nature of this disease, temporal or permanent, what would be the best treatment, and whether vapors, fomentations, and vaginal injections will effect a cure? For the last two months I have been confined to my room, and the slightest exercise causes pain. I have dismissed my allopathic physician, and am now in hope of beginning to improve by the Water-Cure. I shall look anxiously for the next Journal.

Congestion is a state of relaxation, and overdistension of the blood vessels. Your symptoms indicate great muscular debility, and probably prolapsus or other displacement. The processes you name, if judiciously combined with appropriate manipulations, and a strict dietary, will usually cure.

IRON AND ELECTRO-CHEMICAL BATHS.—A. T. My friend is desirous of trying the electro-chemical baths, but is afraid that if they remove all minerals from the body, they will remove also the iron which is a constituent of the blood.

In the first place it is not yet proved that iron is a constituent of the blood; and in the second place, if it be so, the constituents of the tissues are not removed, but elements which exist outside of, or not in combination with the tissues.

SUPPORTERS AND PROLAPSUS.—S. C., Sullivan Co. We consider all "abdominal supporters" as physiologically abominations. They give temporary support, but in the end paralyze the muscles which ought to be brought into action. The cases of displaced uterus you describe are bad ones, and cannot be treated except under the personal direction of a competent physician.

ELECTRO-CHEMICAL BATHS.—G. W. H., Strong, Me. Would the electro-chemical baths be useful in a condition naturally good, but to a moderate extent scorfuls, and affected with chronic disease of six years standing, arising from the effects of meatus, medicines, and repelled eruptions, and resulting in dyspepsia, costiveness, catarrh, and inflamed eyes?

No doubt they are well adapted to such cases.

TEMPERATURE OF BATHS.—C. B. P., Iowa. I would like to ask what temperature would you recommend for bathing purposes to a person in apparently good health?

Any temperature below 80°, which is followed by no unpleasant sensations of chilliness. As a general rule, the temperature of the water should be in inverse ratio to the vigor of the patients external circulation.

CANCERS.—A. L., Augusta, Ga. How long a time is required to effect a cure in ordinary cancers, according to the plan of treatment you have lately recommended?

From one to three months, according to the age and general health of the patient.

**STAMMERERS.**—P. B. F., Detroit, Mich. Are all cases of stammering curable by the mechanical instruments recommended some time since in the Journal, an invention I believe, of a Mr. Bates?

All cases are, we believe, curable in this way, except where there is loss of power in the respiratory muscles to make the proper vocal effort. In such cases the muscular weakness must be attended to first, by appropriate callisthenics, vocal gymnastics and general regimen.

**CONTRACTED MUSCLES.**—M. E. H., Tompkins. I have been afflicted with the contractions of the muscles of the jaws for about two years past, which would now my mouth a little, especially in the morning. Please tell me in your Journal how it may be cured? What is the cause?

If you will give us a history of your habits of living, the diseases you have suffered, and the remedies you have used, we shall have some data on which to express an opinion as to the cause and the remedy.

**PRAEFLAS BOWELS.**—J. H. I have a child three and a half years old that has been troubled with the piles since he was one year old; the rectum rolls out and looks red and angry at every evacuation. His bowels are regular and he complains of no soreness, and is otherwise remarkably strong and healthy. He has however, a pinched, very weak, and I am unable to assign any cause unless it be hereditary. His mother has the piles sometimes. What is the cause and remedy? Please answer through the WATER-CURE.

The cause you have probably intimated correctly, viz.: inherited mal-organization. There is no specific remedy. Keep the child as healthy as possible in all respects, and diet on the strictest vegetarian plan.

**QUESTIONS.**—Mrs. J., Conn. Please answer through the Journal my letter of about October 1.

Please inform us what questions in that letter you wish answers to. We cannot keep communications on hand, and it certainly would be much easier for you to repeat the questions to us through a thousand letters to find yours.

**CALOMEL.**—W. J. M., Macedonia, N. Y. I am one of the unhappy victims of calomel; was taken sick seven years since with inflammation on the lungs; was sick three months; an allopathic physician attended me, he used calomel and opium; I recovered; but now, seven years since, am troubled with dyspepsia, general debility of the nervous system, headache in the head, weakness in the small of the back, pain in the breast; my teeth are decaying very fast; have cold feet; finally I am entirely unstrung. I have adopted vegetable diet, now faring as an ascetic. I have made a moderate temperature, with the long or active form. Will you inform me by way of the WATER-CURE JOURNAL how I can be cured?

The electro-chemical baths for a few days, followed by daily ablutions and a vegetable diet, constitute the best remedial plan.

**PHYSIOLOGICAL DIET.**—W. H. B. Can you inform me where I can get in some respectable family and social circles a good boarding place near or far from where I cannot enjoy good health on a present diet. Having read your work upon physiology, I have resolved to live upon the principle set forth in that work. I find that I must give up the use of meat and fine flour, but must at the same time have a nourishing diet.

We know of no place, except the Water-Cure Establishments, where any pretensions are made to a physiological dietary. Perhaps you can get accommodations in some of them.

**MIS-CARRIAGE.**—L. E. S., Moxena, Ill. Would the daily use of cold vaginal injections tend to produce abortion?

Not unless they were so cold as to be distressing or very unpleasant.

**ORPHAN CHILD WANTED.**—L. E. L. will probably be able to find such help as she desires by addressing Rev. L. M. Pease, or C. L. Bruce, New York.

**LAMNESS AND LOOSE TEETH.**—S. L. B., Mich. What Dr. Trall says is that the proper treatment for lameness and for loose teeth is to let the body sleep. I have kept from house work entirely, it is common of evil? Also, is there any help for loose teeth? The gums are shrunk away and heavy dull pain often at the roots of the teeth.

I keep the skin open by a daily ablation, and the bowels free by plain, coarse food. 2. Let her exercise all she can without great fatigue. 3. Loose teeth are tightened in a few

months or years, as the case may be, by getting minerals out of the system, and adopting a plain vegetarian diet. Dry hard bread, slowly masticated, is particularly serviceable.

**PHYSIOLOGY AND TOOTHLOGY.**—E. Y., Ohio. Are there any physiological grounds for the common impression that is prevalent throughout the country, that above all else, is out-door exercise before sunrise and after sunset as beneficial as at any other period of the day? What is the effect of the electro-chemical bath if the patient's teeth suffer repairs at the hand of the dentist? Will not the gold, composition, tin foil, &c., leave instances for the negative pole of the battery?

1. No. 2. Yes. 3. Nothing particular, so far as the teeth are concerned. 4. No.

**FELONS.**—N. N., Higganum, Conn. writes: Have the Water-Cure books or papers ever told their readers that hot water will cure felons? If not, I wish they would. I have experimented that way and know it will do it, as well as eur other sores on the hand of less malignancy. Soak them in it, when painful, as hot as you can bear till the pain ceases. Do it before anything else is done for them. The hot water will do all, and I don't know how much more than a poultice can do, with less than a twentieth part of the filth and labor and loss of time. A friend was equally successful as myself in curing a felon that way. And lately I have found in an old London Penny Magazine for 1836, page 352, that one Thomas Walker, who had just cured a very bad quinsy on himself by it, says among other things commendatory of hot water, "that from very high authority he learns that insertion in it will cure that troublesome and very painful thing called a whitlow."

**DEATH OF DR. SHEW.**—H. H. D., Berwick City, La. The editor of the WATER-CURE JOURNAL will please answer for the benefit of his readers, the following: Does the death of the lamented Dr. Shew prove beyond a reasonable doubt, that hydropathic appliances are incompetent to combat successfully diseases of the liver? Please explain, for the fall of that eminent hydropath gives not a little pretext for the advocates of the use of calomel to administer that drug, even to hydropaths.

The death of Dr. Shew proves that no Water-Cure appliances, nor anything else, can re-create a disorganized liver. Water-Cure does not pretend to reproduce destroyed organs, nor to work miracles of any sort, nor to reverse the laws of nature in any way. It can only give the patient the best use and condition of organs and structures as they exist.

**HYDROPATHIC SCHOOL.**—S. E. F., Farmington. What would be the probable expense of a female for one year, at the Hydropathic and Physiological School, including board, tuition, books, and all necessary expenses?

About \$300, probably a little less.

**COD LIVER OIL.**—Is cod liver oil injurious, and what are its effects?

It is injurious, and its effects are debility of the whole system and a "hemorrhagic diathesis," that is to say, a soft, flabby, spongy, inflammatory and bleeding state of the solids.

**LARYNGITIS.**—A. A. D., Otsego, Wis. The cough, expectoration, and soreness of which you complain, connected as it is with dyspepsia and catarrh, indicate the disease called laryngitis, or laryngeal phthisis. You can only relieve it and recover health, or prolong life, by strict attention to the general health.

**PLEURISY AND PNEUMONIA.**—I. R. K., Tenn. Sponge the whole body frequently with tepid water; apply the wet cloth covered with dry flame to the chest; free the bowels by enema, and give the patient what water to drink the thirst demands. Congestive chills may be treated on the same plan.

**SORE EYES.**—M. A. J., E. Bloomfield, N. Y. What is the best exercise and diet for a new born baby? I have but a few days old baby with weak eyes, and it is found from the left eye run down and make a red spot in front of the cheek, and presented the appearance of being chapped. A few weeks ago, the red spot extended itself, and now—the babe is four months and a half—its entire face, the back of its head, neck, and shoulders, are covered with red spots, and it places upon its face; but the cheek that was first sore is covered with a thick brown sear. Its body and legs are also considerably affected by it. We wash it in suds made from Castle soap, and keep the sore anointed. Is that the right way to treat it? I suppose that the diet is not important, but water one, slightly sweetened, with occasionally a little soaked cracker, or hasty pudding. Is that a proper diet, and do you think the sores may be the effect

of its diet? The child appears well otherwise, but is inclined to fits, and when it does, what would you advise for the earache and pain in the head?

The diet will do, provided the milk is pure. The humor must be left to "nature." Give it a tepid wash daily, and omit the use of soaps and oils.

**FEVERS, &c.**—J. W. S., Cherokee, N. C. Can a fever or inflammation be checked too suddenly; and if so, what are we to be governed by? When a burning fever is necessary, is it the patient too sensitive to heat, how do you manage? How often is it necessary for the bowels to move in cases of fever?

1. A fever or inflammation can never be *cured* too suddenly, nor "checked" too suddenly if proper means are used. 2. In the case you mention the pouring head bath is not necessary. Use warm derivative hip or foot baths. 3. The bowels should be moved when there is uneasiness with distension and fullness, without regard to time.

**BUCKWHEAT.**—S. E. M. I noticed the answer in your January number of the WATER-CURE, to an inquirer respecting the wholesomeness of buckwheat as an article of daily food. You object to the use of yeast, alkalies or acids. Now I have found in the Hydropathic Physiology (as knowledge permits) and as buckwheat cakes are used near half the time in our family, I would like to know the most healthful mode of preparing them, if you see fit to enlighten me?

Make the oakes the usual way—*sans* the yeast, acids and alkalies. Shorten, if you please, with Indian meal or potatoes, or both; or, if you like, call the article a "Buckwheat Johny Cake," and make it like the old fashioned "hoe cakes."

**JAUDINCE.**—A. W., Weymouth, Mass. Dear Sir: In the spring and summer I am troubled with jaundice. My skin is a little yellow. I feel dull, and not much like eating. Could you give me some advice? (See the WATER-CURE JOURNAL.) regards diet, climate, &c.? Would a voyage on the salt water have a good or bad effect?

You need not trouble salt water if you will eat plain, coarse food, and give the skin a good rubbing every day with a wet towel.

**DEAFNESS.**—E. H., Iowa. Can there be any thing done for deafness of several years standing, accompanied with a roaring in the head. If not, is there anything that will assist the hearing, that is advisable to use, such as trumpets or ear tubes. I saw something regarding the latter in *In*.

Deafness of the kind you complain of is often successfully treated. Ear tubes and trumpets frequently improve the hearing. Surgical instrument manufacturers usually keep a variety on hand.

**PARALYSIS OF THE BLADDER.**—J. B., Sparta, This case, which resulted from an injury, is probably complicated with some displacement of the uterus, and may require surgical or mechanical treatment, which cannot be attended to at home.

**TUMOR.**—E. T., of Johnson, Io., describes a tumor "within the chest or abdomen," which is sometimes better and sometimes worse. He thinks the patient does not diet according to the Water-Cure system, but believes if she would, she might have very good health, and asks us to give him information on the subject. We do not know what more information you need. If your patient will not eat healthful food, and live physiologically for the sake of health, we cannot go there and compel her to. Nor can we tell her of any way to get health while she continues her bad habits.

**GOUTRE AND RHEUMATIC.**—J. H., Union, C. H., Va. The Hydropathic Encyclopedia will give you information you desire on those subjects. Study the chapter on dietetics well.

**AGUE AND FEVERS.**—D. S., Quawsquton, Io. Can the ague and fever be cured while the patient continues at work?

Not very well, and not at all in a severe case. There is a Water-Cure at 18 La Grange Place, Boston.

**FROZEN FEET.**—D. S., Iowa. "Badly frozen feet" should be kept in a mild uniform temperature, and frequently bathed in cool but not very cold water.

**SYLVESTER GRAHAM.**—P. C. My neighbor allopac, who is anti-vegetarian as well as anti-Water-Cure, charges that Sylvester Graham died a martyr to his now fa-

vorite theory of dietetics. Will you inform the world whether such is the fact?

Such is *not* the fact. Those who make charges ought to be able to substantiate them, and not ask the accused to disprove their allegations.

#### A PHYSIO-MEDICAL ELECTRIC DRUG DOCTOR.—

D. T., Hardinsville, Ill. The drug doctors about here say that water cures no disease, and that it is a bore to be treated with water. One of the most popular and among them ones that water treatment is all a hoax. He is an electrician, but got his diploma at the Physio-Medical College. I read medical books in his office nearly a year; but the more I read the more I saw the errors of the whole drug treatment. Were I sick, I would attend the lectures of the Hydropathic School.

If you study medical science thoroughly you will find that the hoax is all on the other side. It consists in poisoning the human system because it is sick.

**SUPERMATERIALIST.—**H. S., Philadelphia. Will you inform me whether the electro-chemical baths will cure supermaterialists in one who has never been drugged much?

No. Such cases are only curable by a strictly hygienic regimen and discipline. Marriage is not proper under the circumstances.

**DIETISTICS.—**S. B., Manadaville, Pa. Being a reader of your excellent journal, and now a complete convert to the principles it advocates, I beg you to favor me with a reply to the following questions. Please answer in March, 1856.—1. What is barley, rye or corn cereal? Are the prominenter elements in each cereal capable of sustaining life by themselves? 2. Are there two or three elements, taken in combination at every meal, that will keep a person in good health the year round? If so, please mention a few. 3. Would a person of sedentary habits do well by eating at every meal one kind of farinaceous and one or two kinds of fruit or vegetable?

1. Yes. 2.—Wheat and apples; potatoes, corn and cabbage; rice, parsnips and peaches; peas, barley and turnips; strawberries, cream and Johnson cake; and other things too numerous to mention. 3. Yes.

**STYES AND BOILS.—**N. P. B., Kingston, Mass. What can be done for a young lady of sixteen, who is troubled with styes or boils on the eyes? has been so for a year or more. As soon as one leaves another takes its place, some of them being very large; the upper lid often swollen so as to fall below the lower. Ought she to study at all? her living has been most like other people.

Let her cease "living like other people" and adopt a healthy diet, take a daily bath, exercise freely in the open air, &c.

**FOOD FOR BABES.—**I. P., Maquon, Ill. What is best to give babies when the mother's milk is deficient?

The milk of a well-fed and healthy cow, diluted with one-third or one-half water. Goat's milk will answer very well as will the milk of any herbivorous domestic animal.

**DRY MOUTH.—**T. A., Meriden, N. H. In speaking in public for any length of time, even a few moments, I am always very much troubled with a dry mouth, making clear enunciation difficult; never so at any other time. What's the remedy?

Keep your position erect; call into play all the respiratory muscles, and avoid drying or stimulating articles of food or seasonings.

**HYDRO-DRUG-O-HOMEOPATHIC ESTABLISHMENTS.—**S. A. S., at the Springs. There is a fashionable resort in this place known as a "Water-Cure establishment," where drugs and the purest air, a generous diet (for example, ice cream and rich pastry), are employed in connection with the water treatment. I have been told that the establishment is a homeopathic doctor, and often makes his boast that he "does not believe in the Water-Cure practice and endeavours to prejudices those men his care against it." While the other physicians in the fair land of nature's great remedy, and uses some water in his practice, but seems to depend in many cases more upon drugs and medicines. Please inform me through the WATER-CURE JOURNAL, if an establishment is a proper place for an invalid to go to health? Is not the Water-Cure the public against such quackery? Is not much hand-work good cause of truth by these hydro-drugopathic doctors?

Will you please specify two or three Water-Cure establishments where drugs or medicines are tolerated? I believe in the Water-Cure, but not in "drug shops sailing under false colors."

Our system is so imperfectly understood by the majority of professed hydropathic physicians, and by the people, that we cannot prevent them from running into various sorts of foolishness, to say nothing of humbuggery or quackery. Our hope is in educating a new set of doctors, who will carry out our system understandingly and in its integrity.

If you desire to go to any particular establishment where drugs are not used, and medicines cannot come, you can ascertain the fact probably by addressing the proprietor.

**FEVER SORE.—**G. W. N., Kendall Mills. I have been afflicted for seven years with a sore on my leg, just above the knee-joint. The joint and four inches above it are covered with a thick pipe-like skin, which is thin and through which it discharges white, thick matter the greater part of the time; occasionally it is bloody. It discharges a tablespoonful in twenty-four hours; it occasionally breaks out on the right side, and in a few days heals over again; it is not very painful, only while standing or walking; there is no outward sore, nothing but the pipe.

Adopt a strict vegetable diet, the leading articles of which should be apples and unbroken bread. Take a tepid bath daily, and keep wet cloths to the part affected, wherever there is heat or pain.

**T. C., Dry Creek, Ky.** We know of no such school now in operation.

**FRACTURED KNEE-PAN.—**G. H., Downieville. In this case you have only to keep the inflammation down by water-dressings, and attend to the general health. It is possible the joint may be more or less stiff in spite of all you can do. The propositions of her doctors to "cut off the leg," was quite unnecessary, to say the least.

**LOSS OF VOICE.—**S. C., Charleston, *Pr. Trial.*

Can a loss of voice be occasioned by a relaxation of the laryngeal muscles? or can it be caused by a lack of tension in the vocal ligaments, or ligaments of the larynx, that the air cannot be expelled from the lungs in an effort to speak? If not, what is the cause of loss of voice? And are there any remedial resources besides abstaining from tobacco? Six years ago I lost my voice, and during that time and for the six previous years, I had been a miserably invalid. No physician I have ever consulted can give any reason for my loss of voice, except that it had been one of my constant sins, as in so singular a degree as to have from which I have suffered so much. But since I commenced living hydropathically, nearly two years since, and bathing, per advice received through the Journal, for prolonged hours, and attended to a great many other things that improved. I had got so as to speak easily, and in the P.M. and evening could converse a few minutes at a time with ease, and had dared to hope that I should ultimately recover my voice. Recently, however, I have been unable to speak at all, unless it be in a whisper, or a strain, and that is all I can do. I am in a feverish condition, and that is the cause of my loss of voice. Is it a strain of the larynx? Neither can I whisper; that is, as difficult as speaking aloud. And the feelings which it causes, when I try to say a few words; or, therefore, when I have overtalked; well, words at least are in my vocabulary, are不堪描述 to express the sensations which it causes. The feelings of relaxation are under and just below the collar bone. By the way, I am broad, full-chested, with lungs enough, A.M. has told me, to "support a horse." But what seems mysterious to me is, that, at any exertion, the noise of children, and other persons, seems to affect me, as though I were nearly the same bad feelings as talking; and there has been times that I could, when greatly excited, talk almost as easily as ever until the excitement was gone. Can the nerves of the vocal organs be fatigued? And again, to me, impossible, mind you, that my nerves should be so fatigued, weaker, than that all my motions should be so much worse the forepart of the day; for instance, I cannot walk a step or bear my weight in the forenoon, but in the P.M. can walk about the room some; can ride a short distance, and when I get home, I am so weak, that I cannot ride the same distance in the morning, as I did before it could be weeks before I should get over the pain incurred; can read or write a little in the P.M., but cannot look at a book in the forenoon without causing severe pain in the eyes, and so on, ad libitum. Is it not a proper place for "It never fails?" Is it because there is more muscular relaxation, that I should feel so much more debilitated the fore part than the latter part of the day?"

Your articulating muscles, vocal cords, laryngal nerves, &c. are all well enough. The difficulty is elsewhere—in the abdominal and dorsal muscles, which are so relaxed as to wholly unbalance all the respiratory system, and entirely reverse the natural action of the diaphragm. We have seen many similar cases, and cured them by appropriate vocal and other gymnastic exercises. The Encyclopedia will give you the outlines of the plan; but as you seem to be a "bad case" you would do well to come under personal instructions for a few weeks.

**COMPLETE VOLUMES OF OUR JOURNALS** can be secured by all who commence their subscriptions with the January number. We cannot always furnish back numbers.

**NEW YORK OR EASTERN FUNDS** are always preferred, though the bills on any specie-paying bank will be received, by the publishers, at par.

#### Business.

R. S. S. The Journal is usually put to press some days in advance of date, and issued on or near the first of each month. The best drawing-book for your purpose is that of CHAPMAN. Price \$2.

**WANTED.—**B. W. H. says: St. Clairsville, Ohio, would be a first rate place for a real scientific hydropathic doctor. I would be glad if you could send us two male and female, well qualified to practice hydropathic treatment, and to succeed well, they must have talent too.

**S. H. P., M.D., Cincinnati.** We have followed you in all your changes, and have changed the direction of JOURNALS accordingly, in each instance. Hope they may reach you promptly in future. PUBLISHERS.

**TWENTY-MILLIONS A YEAR.—AN ESTIMATE.—**A business man in New York, well acquainted with the importing of drugs and the medicine business, remarked to a friend of his, that he had no doubt the WATER-CURE JOURNAL had caused a diminution of more than TWENTY MILLIONS OF DOLLARS in the sale of drugs in a single year! Almost a dollar each for the inhabitants of the United States. Now we cannot say how far this estimate may be from the truth. But we do know a vast saving has been made to thousands of families in both life, health, and cash! and this is a consideration to us. We hope ultimately to drive out entirely the vile stuff, by which so many have been wickedly poisoned and sent to premature graves. READER, have you any mercury in your bones?

**GARDEN SEEDS.—**We give a list of the common varieties with prices, in the February number of the WATER-CURE JOURNAL, since which several inquiries have been made by friends at a distance, to know if we could obtain for them all sorts of seeds, for field and garden, to which we reply, yes. We are in correspondence with all the principle gardeners and importers, from whom we can obtain every variety of seeds, roots, plants, trees and shrubs desired. We can send them with care and dispatch, to any place desired. ADDRESS FOWLER AND WELLS, New York.

**WANTED numbers 45 and 49 of "Life Illustrated."** Any of our friends having copies of these numbers, which they do not care to preserve, will confer a favor by sending them by mail, addressed "Life Illustrated," New York.

**MERIDEN, CONN.—**The advertisement of MESSRS. ARCHER & TATE, in another column, sets forth fully their endeavors and prospects in the medical reform. Meriden is one of the most busy, enterprising, pleasant and healthful of New England villages. A ride of only four hours from New York will leave the invalid there, in a selection of country where fine drives, pleasant walks, and an invigorating atmosphere serve materially to aid our friends in restoring to complete health those who put themselves under their care.

**RENEWALS** may be made at once for the new year. Those who prefer may remit for one, two, three, or more years, as may be convenient. The amount will be duly credited, and the JOURNALS sent the full time paid for.

**SEVERAL** bank-notes, post-office stamps, or gold coins, may be sent by mail, at single letter postage.

**WHEN BOOKS** are wanted to go by mail, the order should be written on a slip of paper, separate from that containing the names of subscribers.

**FOR THREE DOLLARS,** the WATER-CURE JOURNAL, the PHENOMENOLOGICAL JOURNAL, and LIFE ILLUSTRATED—weekly—will be sent a year to one address.

**MONEY** on all specie-paying banks will be received at par, in payment for the JOURNALS.

**PREMIAKS** are payable in books of our own publication.

## Experience.

**MESSRS. FOWLER AND WELLS.**—I am in receipt of the "PHENOMENOLOGICAL" and "WATER-CURE JOURNALS." It is almost a curse for sore eyes to look on them, a whole year having passed since I have had an opportunity of reading them; being the first and only year for twelve years, that I have not had one or the other, or both.

Right glad was I to renew my acquaintance and welcome to my *sacrum* two old and valued friends, whose social, literary and professional care have beguiled many a weary hour; and led my mind into new fields of thought and research, whereby I have often been benefited and have benefitted others. But for one whole year there has been an "aching void," a loss a want of something, that I could not really make out, until I received the above-mentioned Journals. That seeming empty space is filled, and I shall hereafter try to keep it so.

The Water-Cure is but little known and less understood in this section, though I use water in my practice extensively and spare no pains or trouble in explaining its beauties and advantages over the drug, bleed, and blister practice. People are beginning to look at the subject in a serious manner, and they more see of it and think about it, the more and better they like it. As for myself, I became tired and disgusted long ago with *pitting*, *purgings*, and *blistering*. But many people will have it, and to talk of using water, they would as soon die as think of it. I am sometimes under the necessity of using persuasive arguments, to induce my patients to do without bleeding and blistering. They have been long accustomed to this barbicans treatment, that it is hard to convince them that it is not right. I am often reminded of the old lady in Boston who had long been supplied with watered milk by one certain milkman; and she had become so used to the diluted article, that she considered it all right. The milkman, by some means, having had his conscience disturbed, resolved upon being honest with his customers, and in his next round delivered the pure article of milk. But what was his astonishment the next day on calling at the old lady's door to be repulsed with "You needn't bring any more of your water and chaff here, if I can't have the real sky blue, I won't have any." So it is here. There are some so ignorant and bigoted, that they will not have anything to do with any other than the real "sky blue" bleed and blister kind. But I can see that my influence, though not as great as I wish, has an effect, leaves its mark, sets the people to thinking; and when they use water and find it so much more "pleasant to take" than "calomel and jalap, and little warm tea," I hear them exclaiming, "Well, really, there is more virtue in water, than I had any idea of."

The truth is, that intelligent people are tired of the old barbicans method of treating the sick, and if there is anything better, they will find it and have it. The old fogies see this, and some are honest enough to acknowledge it, but still strenuously persist against it. But here in Canada the *old fogies* are at least twenty-five years behind their brethren in the States, and they look with jealous eye at anything no master wist, that invades their foggy precincts. They are not ready, nor even willing to receive anything new, and sneer at the idea of curing, or even treating disease without the use of their favorite tools, calomel and the lancet. But my course is marked out, and I shall steadily pursue it, notwithstanding all their prating. Their bark is worse than their bite.

I have had several interesting cases in surgery, where I found the virtues of water even more potent than I had believed. If you think them worth publishing, I would be glad to see them in the "WATER-CURE JOURNAL," for the especial benefit of your Canadian readers. I will give but one at this time.

A lad of some fourteen years was driving a horse attached to a lumber-wagon; the horse took fright, running down a hill, bringing it up against a stump, dashing the wagon to pieces and throwing the boy some fifteen feet or more into the air, lighting head foremost into a pile of stones, and dragging him some rods by the reins. He was taken up for dead, and carried to the nearest house. An old fogey was sent for; he was an old school allopath, dyed in the wool. But as luck would have it, he was not at home. They then sent for me. I was not at home, but arriving soon after, I was soon at the house of the boy's father, whence he had been removed, determined to make the water treatment a fair trial, and force an impression on the minds of those who were strongly

opposed to it, and to encourage its friends who were willing and ready to aid me, and many professional enemies who looked with jealous eye at every move. I carefully examined the patient, almost lifeless; found no bones broken, but bleeding slowly, yet steadily, from both ears, eyes, nose, and mouth, with face and chest badly bruised. For the want of something better, I took a large wash tub, called for hot and cold water; some friends had anticipated my wants and had them in readiness, so no time was lost. The bath prepared, we put him in. I was assisted by the boy's father and an uncle, who, by the way, was brother to one of my allopath brethren. He looked on as though he was wondering what the next performance would be, and gave vent to his pent up thoughts thus: "What are you not going to bleed him?" "No sir," I replied, "I never bleed, and in this case I am sure I should not." "He will die without it," said he. I merely replied, "we'll see." Then was clinched in from different parts of the room, "No bleed in such a case?" "Whoever heard of such a thing?" "Why, it is perfectly awful!" "That looks too much like scalding hogs." And so it went, my friends replying to these remarks, which I pretended not to notice. The patient had hardly touched the water, when his chest began to heave, and we soon had the satisfaction of seeing him breathe freely. When taken from the bath, he was enveloped in a dry sheet, covered warmly, and cold applications kept to the head. The bleeding was soon checked, consciousness was restored, all to the utter astonishment of the lookers on. I gave directions as to the treatment to be continued, and left them without further satisfaction. A few hours after the allopath arrived, saddlebags in hands, with all the appurtenances for surgical operations. But he was taken all aback, when told that the patient had been attended to, and by whom. He gruffly replied that that didn't amount to anything—inflammation would set in in the course of three or four days, and the boy would have to be bled, and he would call in and attend to it.

I continued my visits for several days. It improved rapidly. The old M.D. continued his visits also, till the fourth day, when he stalked in, *sans ceremonie*, and with all the assurance of a highwayman exclaimed, as he seated himself, "Well, I suppose that boy is delirious by this time, and needs some blood taken," at the same time making all the necessary preparations. When already for action, he says, "Where's the patient?" The mother thoughtfully opened a back door, saying, "He's about somewhere," and following the door wide open, says, "There he is Doctor, just driving up the cows." He shouldered his traps, and made his exit as fast as possible. For a long time he would avoid passing that house, if possible, for whenever he did so, he was sure to meet the laughing face of that mother, which seemed to him to say, too sure to be mistaken, "sold and that cheap."

That family never object to the use of water, and declare that a decided triumph of Hydropathy over Allopathy.

Yours truly,

Picot, Canada.

H. E. BOWLES, M.D.

**FOWLER AND WELLS—Friend Editors:**—I here present you with a list of twenty subscribers to your truly popular Journals, to which I hope to add ere the close of the present year. Permit me to remark that hydropathy, in this vicinity, is comparatively an ideal thing, is steadily growing in favor with the thoughtful.

Many are realizing that the castle of the drug systems is about to be overthrown, and are flying to Water-Cure for rescue; and the most encouraging feature is that those who are taking up the subject are emphatically the thinking part of community.

By your permission, I will state as briefly as I can, something of what I know concerning water treatment, for the benefit of the reader of the Journal.

During the past fall and winter thus far, the typhoid fever, with other grades of fever, raged to an alarming extent of fatality, especially when treated by any of the popular systems of medication. Among those who were taken victims to disease and its valiant friend—drug medicine—a half-sister to the writer, residing with a family, each member of which had typhoid fever, was taken with the intermitent fever; was attended by a disciple of Dr. Alva Curtis, who administered some "hygienic agencies;" patient got along in a few days, there being so many sick to wait upon; an immediate relapse was the consequence, the disease now assuming a very low grade of real typhus fever. Now came the tug of war, three to one—the M.D., medicine and disease

against one, a poor, frail girl of fifteen years of age! What a contrast! The treatment consisted in the most part of lobelia, quinine and sweat, or rather efforts to sweat, for they never accomplished their object; they applied boiled corn, enough to founder an ox. Let it suffice to say, detail of treatment would be tedious and irksome, and that the patient grew worse, till at the end of one week the case was pronounced hopeless! Symptoms at this time as follows, i.e., bowels constipated; pulse very weak, 120 perhaps per minute; throat very sore; stomach and bowels very sensitive to the touch; entire surface of the tongue, teeth and inner parts of lips, covered with black secretions; in a word, all the mouth presented an unbroken scene of blackness; patient unable to articulate intelligibly any word; great prostration of the whole system. Went for a Water-Cure doctor, came next day in the afternoon; patient having been in the above condition thirty-six hours, made the following applications: put patient in a warm bath, applied a compress to the stomach and bowels, gave enemas of warm water to move the bowels.

As is generally the case, each individual had his own peculiar views and ideas of the probable result of the treatment. Twenty-four hours after making the first application of "cold water," as our enemies term water treatment, we carried the patient by hand two and a half miles, where the above appliances were kept up, and to the amazement of the old school advocates, she got well, and is now in the enjoyment of good health. The case was under treatment six weeks, at the close of which she returned home.

Progress of the cure:—About twelve hours after she was under treatment (water), the coating on her teeth began to "peal up," which we regarded as a favorable omen. Next good symptom was thirty hours after treatment, when pain in the bowels ceased, she went to sleep and slept comfortably for the first time in a week. And within four or six days all the scurf on her teeth, tongue, lips and roof of the mouth was removed, all presenting a nice, clean appearance, even as clean as any mouth-wash could have made them, besides being durable, from the simple truth of the cause being removed. Hence the beauty and superiority of water treatment over all other systems of practice; the one aiming at the *cause* of disease, while the other simply bathe with the effects of a cause.

Effects of moving the patient:—So far from being injurious, it will always prove beneficial, provided the mode of moving be adapted to the ability of the patient. Beware of PROBABRISTON, truly it is a "thief of time." I am confidently sure that if the above case had been put off, or kept under former treatment but a few hours longer, it would have been beyond all human means.

Time and space will not permit me to write more at present; I fear I have already grown tedious. But if the editors see fit to publish the above, after "dressing it up," the writer will feel richly compensated for his feeble effort.

Very respectfully your co-worker,

BENJAMIN NICHOLSON.

*Elizabethon, Bartholomew Co., Ind., Jan. 23d, 1856.*

[Such reports require no "dressing up." Plain facts plainly told, if entirely naked, are always eloquent.—Eds.]

**HYGIENE IN OUR SCHOOLS.**—We learn from the Illinois papers that Dr. T. Cornwell, a physician of Greene county, Illinois, who died lately, bequeathed four-fifths of his property—which amounted to from \$7,000 to \$10,000—to the purchase of books on Hygiene, to be placed in the district schools of Greene county. Among the books selected are Dr. Alcott's "House I Live In," and his "Young Mother;" and one other work of Dr. A.'s, and his "Graham's Lectures on the Science of Human Life," and Chastity. The number of school districts which are to be thus favored, is not known, but is believed to be somewhere between one and two hundred.

The following is an extract from Dr. Cornwell's will, from which we have his general views on the subject, whose consideration led to his bequest. "I am firmly in the belief that if mankind had the education which reasonable beings should have, those who have the care of families would administer both food and medicine with that care of temperature, that nature would be well supplied in all cases; consequently good health and rosy cheeks would follow, in course, as certain as the fields will produce their ripening corn at the hand of industry. Now when the people of enlightened by the principles of physiological truth, all doctor-craft must die; consequently all heads of families will be useful teachers in the preventive system of curing dis-

case. These things cannot be accomplished in a day, but certainly will as soon as light and knowledge become universal."

Dr. Cornwell appears to have been of the botanical school of medicine, and though not very well enlightened, to have been a truly philanthropic man. We hope his example will be followed, till all the district schools of the United States will be supplied with works on Hygiene.

**LETTER FROM A DEAF MUTE.**—We received the following very sensible letter from a doubly unfortunate man; we publish it without correction. The composition, punctuation, as well as sentiment, evince an education and intelligence which we could hardly expect to witness from a deaf mute. It is gratifying to know, that some of the senses, through which we obtain and impart our knowledge, may be so instructed as to greatly compensate for the loss of others. He says his letter is too long to be read, but it will be read, and with interest too by a great number, who will well appreciate what he says and feels.—EBS. W. C. J.

"MESSRS. FOWLER AND WELLS.—With many thanks to you for the Journal, which I hope will visit me monthly. Here is my own compositions as follows:

Permit a deaf mute (that is myself) to give an account of my peculiar case, to which I was unfortunately subject, for I have no doubt that you have never published any case such as diseases experienced by any deaf mute like myself. Indeed you may take the liberty of trumpeting my following case through the Water-Cure Journal, if you don't hesitate to hold the case before the public boasting of the good results of the water treatment. On the twelfth day of April, 1854, I ascertained that my strength was failing steadily, though I felt the sense of weakness that slowly crept over me previous to that time. Then I gave up concealing the complaint to myself and left off my bench (for I am a shoemaker by trade) in order to use exercises for stimulating my legs. After a few days, I worked again for more than a week, when it became useless for me to continue my business. Previously I had feet so cold and numb that I could hardly walk well—had the worst and most distressing chills-blains that I ever experienced. During the winter I did not go out but seldom, but was constantly devoted to my bench. Although I laid down and sat up cold by night and day, I considered my mysterious complaint trifling and thought I could be well as soon as warm days come. But I was sorely mistaken by my folly and imprudence. I own that I went contrary to the saying that "keep feet warm and head cool" which came under my notice not long ago. At the latter of that season, I lived on the luxuries of the hotel at which I boarded; so my sickness was thought to be the cause. It was also thought to be the cause of falling down and hurting my back, and even of witchcraft and so on. I did fall frequently such as slipping, skating, playing, &c., and my back was sometimes hurt but soon got over it. But return to the state of sickness. As I grew weaker, our family doctor was sent for and he pronounced my case to be partial palsy. Medicines were swallowed and magnetic battery was procured. The success of his own was to make me worse and more nervous. Some other doctors were called in to examine my case and one styled it spinal complaint, another palsy of the lower extremities, and the clairvoyant one bilious complaint. Many attempts have been in vain to restore the warmth to, or stimulate my limbs by soaking feet in warm water, rubbing them with brandy, rum, liniments, cayenne, &c., for I had strange, bad feelings in the legs. One morning before breakfast I went in the midst of the strong throw of the water through a hole in the tannery dam (I don't know if I was rash) but it chilled me over. After swallowing medicines, I became completely paralytic, could not move any except my arms and head. Oh yes! I was tormented by blistering my back much. Under the medical treatment I was rather delirious. Perhaps you would ask what medicines they were, and I would reply that I hate to remember their names, but as far as my memory allows, they were camphor, brandy, bitters, tinctures of iron, powders, ipecac, &c., after swallowing them (not so much as you may imagine) I concluded to check a slow stream of bottled swill running over pebbly pills into my mouth whose palate is the enemy of drugs! From that time of abandoning them, I happily say that I engaged no quack doctors no one, with one exception of a quaker water cure doctor who said, I should not remain crippled all days of my life under the water treatment. According to his directions I was packed up in wet sheets several times, but soon I abandoned packing sheets because I was afraid that

the sheets were sometimes dipped into unclean water. Though of this, packing sheets did me some good—stiffening the limbs considerably and carrying away good deal of scury on the feet and vife odor too. N. B.—I use no tobacco nor liquors, yet I was an apt drinker of coffee and tea. After this, I did nothing but laid down ached, read, eat, and drink till next January when I proposed to sit in a tub of water and did so. When the quaker doctor and his wife saw this, they let me use their sitz tub. Soon after temperate batheings there were good indications of awakening the limbs, yet it caused me discharge a constant stream of phlegm for a good while. Before this, my nostrils were mostly dry—not blown ever since I was taken ill; spited bad mucus mixed. There was so much shaking in the limbs that the house might be well shaken! and also obstructions of the nerves, or something else in them. One Sunday, my father said to me, "you ought not to dance on Sunday," while I sat with the legs shaking. I was unable to stand because the toes were lower than the heels, besides shaking in the stiffness of the legs, and they were drawn extended by chance alone. But after bathing I had not gradually master the motions of the limbs which had not been dependent upon me, and the sense of feeling was gradually appeared as my feet had been insensible to the warmth or cold. My feet were slowly getting warm though we had done many efforts to warm them. On the eighth day of February at the request of my father I put my feet upon steps, walked and turned around, on the help of hanging on the wall-side and the side of the bed with both my hands. This was the first time. After several days I was carried down stairs and after spending a little time, I walked up stairs again with the aid of my father. I need not to tell any further how I got along in every particular. It is true enough I have learnt the art of walking twice since I was born. Now it is almost a year since I began to walk again, and I am happy to inform the readers of the Journal that I am enjoying the blessing of health which the merciful God has restored me. The above letter is rather too long to be read. I would advise all those who experience any cases try the water treatment.

Yours, &c.  
Jackson, Me., Feb. 16th, 1856.  
A DEAF MUTE."

**"HOW I CAME TO BELIEVE."**—MESSRS. FOWLER AND WELLS.—Being young, I always thought it no use to write for publication, but I can no longer refrain.

"My father was botanic in principle, but mostly did his own doctoring."

"Now it so happened, when I was only thirteen years of age, a copy of the WATER-CURE JOURNAL came to our door, and I embraced its principles and started to spread them by obtaining subscribers. Many thought that I have left my father's comfortable fireside, and sailed forth to save an erring neighbor from ruin, only to hear the cry of *humbug*. But I have persevered and held to the principles set forth, and no man has ever told me lies, tales, or falsehoods, but pairwise of the more simple food which has supplied man and beast; and now, at the age of seventeen, I enjoy the best of health, for which I thank God for giving my father and for directing my mind aright.

I read the WATER-CURE JOURNAL, and I hope to trust that it never will give way strength and substance to the doctors. With many thanks I remain yours, now and forever,

"B. F. S."

[We are always happy to hear from our young friends, for it gives us the assurance, that however much the present generation may be given over to hardness of heart and the doctors, the next is full of promise for a correct system of hygiene.—EBS. W. C. J.]

## Literary Notices.

**ILLINOIS AS IT IS IN 1856.**—Keen & Lee, Chicago, announce a book, as above, to be issued early in the coming spring. It will be in one volume, of about 450 pages, illustrated with plates of scenery and public buildings of the State. The Book will contain:

A History of the State; Geography of the State; Climate and Soil; Statistical Information; Natural History; Description of the Counties and Towns; Geology and Mining; Agriculture; Orcharding; Cultivation of the Grape; Raising of Cattle; Prairies; Timber; Extracts from the Constitution of the State; Government; Epitome of the most important Laws; Public Institutions; Banks and Banking; Railroads and Canals; Public Lands; Prices and Revenues of Farms; Health and Diseases of the State, with a great variety of other information for the settler, and those desiring to settle in the State of Illinois. The Information will be accurate and reliable, and will be afforded at the low

price of \$1 25, and on receipt of this sum by mail, the book will be forwarded to any part of the United States, postage paid.

An edition to contain a large map of Illinois will also be issued, price \$1 25. When ready it will be duly announced.

**THE CITY ARCHITECT.** A Series of Original Designs for Dwellings, Stores, and Public Buildings. Adapted to Cities and Villages. Illustrated by Drawings of Plans, Elevations, Sections, Details, etc. By William H. Ranlett, author of "Cottage Architecture." The work will be complete in twenty numbers, and each number complete in itself. The whole will form a City Builder's Guide, unlike any similar work before the public. No. 1 now ready. Price 50 cents. New York: Dewitt & Davenport, publishers.

The author says: "It is not intended to be an *Esthetic* Treatise on Architectural Symbolism or expression, but an Electric Designer and Instructor in the art of constructing houses, adapted to the exigencies of American people; to enable those whose necessities require them to build with such rapidity that they can not stop to study principles, and in places where they can seldom avail themselves of professional assistance, to avoid errors which are inevitable, so costly and destructive to domestic comfort, and often ruinous to health."

Judging from the specimen before us—a large quarto, with five full-pages plate, and carefully prepared descriptive letterpress to match—we have no doubt the author will make his work an indispensable necessity to all city architects.

**THE CARMINA MELODA.**, published by J. R. Miller, 90 Tremont St., Boston, is without doubt one of the best musical collections for Juveniles yet offered to the public. We are warranted in this statement by the fact, that at a meeting of the Board of Education of Rochester, it was unanimously adopted as a musical text book in the schools of that city. We would recommend all desirous of obtaining such a book, to examine the *Carmina Meloda*.

## Variety.

**OCCUPATION A BALM FOR SORROW.**—Mrs. Stephen in the "Old Homestead," says:—"Occupation! what a glorious thing it is for the human heart. Those who work hard seldom yield themselves entirely up to fancied or real sorrow. When grief sits down, folds its hands, and mournfully feeds upon its own tears, weaving the dim shadows, that a little exertion might sweep away, into a funeral pall, the strong spirit is shorn of its might, and sorrow becomes our master. When troubles flow upon you dark and heavy, toil not with the waves—wrestle not with the torrent!—rather seek by occupation to divert the dark waves that threaten to overwhelm you into a thousand sand channels which the duties of life always present. Before you dream of it, those waves will fertilize the present, and give birth to fresh flowers that may brighten the future—flowers that will become pure and holy, in the sunshine which penetrates to the path of duty, in spite of every obstacle. Grief, after all, is but a selfish feeling; and most selfish is the man who yields himself to the indulgence of any passion which brings no joy to his fellow man."

CANST thou abolish an evil, simply by removing the indications thereof? As well mightst thou think by stopping thy watch to stop the march of time. In evils as in tares, the noot must be eradicated.

WHERE twenty persons have stomachs, but one has brains; hence brewers grow rich, while printers remain poor.

WE heap suppers upon dinners, and dinners upon suppers, without intermission. It costs no more to be miserable than would make us perfectly happy.

"NATURE will be reported. All things are engaged in writing their own history. The planet and the pebble goes attended by its shadow. The rolling rock leaves its scratches on the mountain side; the river its channels in the soil; the animal its bones in the stratum; the fern and leaf their modest epitaph in the coal," &c.





# THE WATER-CURE JOURNAL.

"Grace Greenwood is well known as one of the most interesting story-writers in this or any other country."—THOMAS.

GRACE GREENWOOD'S NEW VOLUME OF STORIES.—Just published:

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In one handsome volume, 16mo. Cloth binding.

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"The name of Grace Greenwood has now become a household word in the popular literature of our country, and we are glad to see that the author we are pleased to call ours to whom much, as her writings speak for themselves, and they have spoken widely; they hold him and the Institution in his charge, hesitating not to say, that whoever of them comes to the Glen, and remains awhile, will, if cure is possible, find a new world in which health will come to them, and a higher and better life."

R. A. DONOVAN.

A. A. BISHOP.

S. E. DENNIS,

M. BRYANT.

R. A. DONOVAN.

A. A. BISHOP.

S. E. DENNIS,

M. BRYANT.

GLEN HAVEN, January 30th, 1856.

J. C. JACKSON, M.D.:—The undersigned, inmates of your "Cure," desiring to express to you their high appreciation of your skill as a physician, and your character as a man, take this means of doing so.

Many of us have long been here, and have come from great distances to place ourselves under your care, attracted either by your published success, or your skill as a Hydrostatic practitioner; your friendly, fatherly watch-care over those whom you have in charge.

The more we know of your character as a man and a philanthropist, as well as of your skill as a physician, the greater respect and regard for you; and we can wish that all the sick and suffering in the land could come to Glen Haven, believing, knowing that if there for a time a "Balm in Gilead," a Spring of Life, the rod which can unseal its blessed waters, bidding them flow to their healing, is in your hand.

Nor can we confine these expressions to the mere curing of bodily ailments. Through your simple and earnest teachings on the Sabbath of true practical religion, your exposition of great truths which lie at the foundation of all genuine character, have our souls been re-born, and made fit for the presence of God.

We unitedly concur in saying to you, dear Sir, that we feel that herein lies your greater power and influence; for he who ministers to the soul to its curing, helps also to make the body well.

Our hearty thanks we thank, and bless you, for all your efforts in our behalf, hoping and praying that the good All-Father may long spare your life, and increase your strength and influence for the benefit of those who shall fill our places, when we shall have passed away to our several homes.

In conclusion, Dear Doctor, our friend and physician, accept this slight testimonial as an earnest of what our hearts cherish for you, and may the "giver of every good and perfect gift" bless you, and all the good you do for us.

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This is the most SIMPLE, PORTABLE, POWERFUL and the CHEAPEST Pump in use for wells, cisterns, steamboats, mines, vessels, factories, &c., of which we can show abundant testimonials.

It is now in full use in the ports of Galveston and Galveston, by the high approval of the U. S. Steamboat Inspectors at New York, and by all who have used it, and by the U. S. Postmaster General, who have them at Fort Taylor, Fort Hamilton, and Governor Island, that they seem to be the best and most economical. They are proved only to be equal to the best.

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### HUDSON RIVER RAILROAD.

FALL ARRANGEMENT.—On and after Monday, October 15th, 1855, the trains will run as follows:—For Albany and Troy, Express Train 6 A.M., connecting with Northern and Western Trains Mail Train, 9 A.M.; and a Special Train, 1 P.M., for Poughkeepsie;—For Hudson, 4 P.M.; for Poughkeepsie—Way Freight, and Passenger Train, 1 P.M., for Poughkeepsie;—For Franklin, 1 A.M., and 6:30 P.M.; for Dobbs Ferry, 10:15, A.M. and 6:30 P.M.; for Peekskill, 10:15, A.M. and 6:30 P.M.; for the Dohob Ferry, Since, Peekskill and Hudson Trains stop at all the Way Stations. Passengers taken at Chambers, Canal, Christopher, and Thirty-first Streets. SUNDAY MAIL TRAINS at 1 A.M., from Canal street for Albany, stopping at all Mail Stations. M. L. SYKES, Jr., Superintendent.

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By means of a new method of construction, known only to themselves, they have succeeded in removing the harsh and buzzing sound which formerly characterized the instrument, and rendering the tones full, clear, and organ-like. The action is prompt and reliable, enabling the performer to execute the most rapid and intricate movements.

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Persons who wish to hire Melodeons, with a view of purchasing at the end of the year, can have the rent credited as part payment of the purchase money.

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It contains five stories, namely: A Forest Tragedy; The Minister's Curse; St. Pierre the Soldier; A Troy Story; and The Child of the Woods.

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